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COMPILED AND ISSUED
BY THE
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OF THE
SOUTHERN PACIFIC.
'SUNSET ROUTE'

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Rice Cook Book.

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SOUTHERN PACIFIC—SUNSET ROUTE.

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RICE COOK BOOK,

Compiled and Issued by the Passenger Department,

ATLANTIC SYSTEM,

Southern Pacific, Sunset Route.

INTRODUCTION.

FROM an economic standpoint the greatest problem before the people of the United States is, what shall we eat and how shall we prepare it.

The annual cost of food for our now eighty millions of people is, in round numbers, about four billions of dollars. Any considerable saving in cost or increase of energy at the same cost amounts to millions. Twenty-five per cent. reduction in annual cost of food, which is entirely practicable, amounts to a saving of one billion of dollars. Here it is shown that a woman's spoon, in matters of finance, is greater than statesman's exchequer. We are entering into competition with the nations of the world for industrial supremacy. How can we succeed unless we introduce economy into the field of our greatest expenditures? How can we compete with people who secure equal energy at one-fourth the cost?

For many years I have been deeply impressed with the importance of some radical change in the dietary of the American people. The prevalence of dyspepsia and other effects of mal-nutrition first called my attention to necessary changes in food supply and its preparation for general health. Further inquiry gave a wider range to my investigations until I arrived at the following conclusions:

1st. That as a people we use too concentrated foods and consequently eat too much.

2nd. That we use too much fat. Fat is a concentrated form of energy adapted to the requirements of a vigorous life. The general use of machinery has greatly increased the number of persons who live by moderate exercise and has reduced the expenditure of human force in all classes of labor. Hence there should be a decrease in the amount of fats consumed.

3rd. The living of all classes of Americans is too expensive. It is purchased without reference to its nutritive value, its digestibility or its adaptation to the requirements of the body under special conditions of life, consequently there is an enormous waste of food.

In this connection Dr. W. O. Atwater in his admirable Bulletin on the "Chemistry and Economy of Foods" makes the following pertinent statement which I take the liberty of copying.

PUBLIC NEED OF INFORMATION ABOUT FOOD ECONOMY.

"Food constitutes the chief item of the living expenses of the people, of our agricultural production, and of our exports. Half the earnings of wage workers in this country and in Europe is spent for food. The health and strength of all are intimately dependent upon their diet. Yet most people understand very little about what their food contains, how it nourishes them, whether they are economical or wasteful in buying and preparing it for use,

and whether or not the food they eat is rightly fitted to the demands of their bodies. The result of this ignorance is great waste in the purchase and use of food, loss of money, and injury to health.

Underneath all this is still another evil. Our food products as a whole are not such as are best fitted for healthful and economic nutrition or for the most profitable export. Our agricultural production is out of balance. Here, again, the facts are not clearly understood, as they must be to make the needed reform possible.

USES OF FOOD—FUNCTIONS OF NUTRIENTS.

The two chief uses of food of animals are: First, to form the materials of the body and repair its wastes; and, second, to yield energy in the forms of (1) heat to keep the body warm and (2) muscular and other power for the work it has to do. In forming the tissues and fluids of the body the food serves for building and repair. In yielding energy it serves as fuel for yielding heat and power.

The different nutrients of food act in different ways in fulfilling these purposes. The principal tissue formers are the albuminoids. These form the framework of the body. They build and repair the nitrogenous materials, as those of muscle, tendon, and bone, and supply the albuminoids of blood, milk, and other fluids The chief fuel ingredients of the food are the carbohydrates and fats. These are either consumed in the body or are stored as fat to be used as occasion demands.

The bodily machine is made of protein. That is to say, blood, muscle, tendon, bone, and brain, all consist of, or at least contain, protein compounds. These are formed from myosin of meat and fish, the casein of milk, the albumen of eggs, and other albuminoids of the food. As the muscles and other tissues are used up in bodily activity, the same materials of the food are used for their repair. Of course, the mineral matters have a good deal to do with the building up of the tissues. Thus, phosphate of lime is an essential ingredient of the bones.

The chief fuel materials of the bodily machine are carbohydrates and fats, but the protein of the food and the tissues also serves as fuel.

The animal machine differs from others in that it can use its own substance for fuel.

THE POTENTIAL ENERGY OF FOOD—FUEL VALUE.

Heat and muscular power, like mechanical power, light, electricity, are forms of energy. The energy is latent in the food, and is developed as the food is consumed in the body. We call it potential energy, and measure its quantity as we measure quantities of heat or mechanical power. In other words, the value of food for fuel is expressed in terms of potential energy."

RICE AS A FOOD.

In search of food to meet the requirements of an impaired digestion, I recalled the fact that physicians usually prescribe rice for sick people; that laboring people, upon a diet of rice, though able to perform a large amount of work, complain of being hungry between meals. This was precisely what I wanted—energy with hunger. I had it as a child and lost it somewhere in a busy life. Rice eating nations have energy with unimpaired digestion. In Japan it is a common saying among resident American women, "I could do this if I had a Japanese back," referring to the strength of loin possessed by the native women. Every traveler in that distant land has noted with surprise the ease with which a jinrikisha boy will draw a man six miles an hour along the streets of Tokio. In the late rapid advance upon Pekin it was found that the Japanese could outmarch all the armies of the Occident. With full equipment they advanced all day at double time and repeated it till even the

Russians fell behind exhausted. These women with backs; these jinrikisha boys with the speed of a horse and these double quick soldiers live mainly on rice. The Chinese cooley works in the rice marshes of Siam under a tropical sun, drinks stagnant water, breathes malaria and remains in perfect health. He lives on rice.

RICE AND ENERGY.

Something more than a mere food value should be considered in selecting the family subsistence. Ease of digestion and length of time required are important factors. Evidently a food that will digest in one hour is superior to one that requires four hours, all other things being equal, with the shorter period the stomach is given rest. Many diseases are caused by eating a second meal before the first has been fully digested, which generally occurs where there is reduced vitality or weak digestion. Many persons rarely experience, in adult life, the sensation of hunger; others are afflicted with a constant lassitude; it should occur to such that their food is not properly digested and assimilated. A diet of rice with some easily digested nitrogenous food like extract of beef, will relieve most cases thus afflicted without medicine.

It will be noted by the following diagram of food material that rice contains a large per cent of latent energy and it has been demonstrated by many digestion experiments that it imparts this energy to the animal system with a lighter tax upon the digestive organs than other grains.

RICE SUBSTITUTED FOR OTHER FOODS.

Rice contains about four and one half times the energy in Irish potatoes but owing to the waste in the potatoes the difference may be placed at six fold. Rice at five cents per pound is equal to Irish potatoes at fifty cents per bushel and is more easily digested. In my dietary reform I substituted rice croquettes for potatoes. It improved digestion and decreased the cost of living. My family soon became very fond of them. A second progressive step was taken when a variety of nutritious rice soups was given a place on the weekly menu. Step by step rice was substituted for other foods as new and attractive combinations were discovered, till it became our standard family reliance and in some form was associated with most every dish that appeared upon the table. In this connection I found that the absence of a pronounced flavor in rice was especially important as it was possible to use it with a great variety of dishes without disturbing relished flavors.

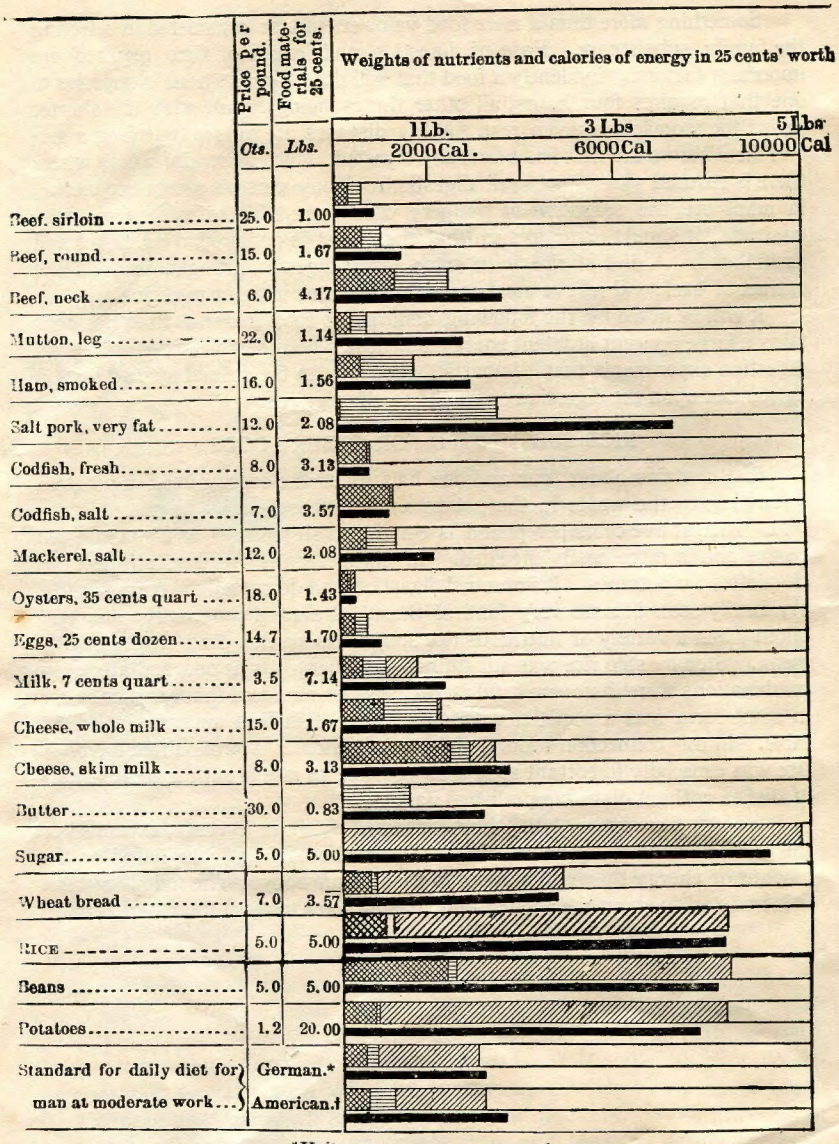
As over five sixths of the food consumed is, on an average, expended in the production of energy the value of foods should largely be based on the amount of energy they will produce in the human body. The following table is introduced to show the waste in purchasing some foods at their market price.

CHART 2.—PECUNIARY ECONOMY OF FOOD.

Amounts of actually nutritive ingredients obtained in different food materials for 25 cents.

[Amounts of nutrients in pounds. Fuel value in calories.]

Protein. Fats. Carbohydrates. Fuel value.


Price per pound.
Food materials for 25 cents.
Weights of nutrients and calories of energy in 25 cents' worth
Cts.
Lbs.
1 Lb. 2000 Cal.
3 Lbs 6000 Cal
5 Lbs 10000 Cal
Beef, sirloin 25.0 1.00
Beef, round 15.0 1.67
Beef, neck 6.0 4.17
Mutton, leg 22.0 1.14
Ham, smoked 16.0 1.56
Salt pork, very fat 12.0 2.08
Codfish, fresh 8.0 3.13
Codfish, salt 7.0 3.57
Mackerel, salt 12.0 2.08
Oysters, 35 cents quart 18.0 1.43
Eggs, 25 cents dozen 14.7 1.70
Milk, 7 cents quart 3.5 7.14
Cheese, whole milk 15.0 1.67
Cheese, skim milk 8.0 3.13
Butter 30.0 0.83
Sugar 5.0 5.00
Wheat bread 7.0 3.57
Rice 5.0 5.00
Beans 5.0 5.00
Potatoes 1.2 20.00
Standard for daily diet for man at moderate work... German.*
American.†

*Voit. †Atwater.

Atwater's Chemistry and Economy of Food.

What some common articles of food would be worth for supplying heat and energy as compared with rice at five cents per pound.

	Cents per pound.	Time of digestion.	
		Hrs.	Min.
Rice	5. boiled.	1	
Corn Meal	5.	3	15
Wheat Flour	5.02		
Wheat Bread	3.75	3	30
Oat Meal	5 65	3	
Oat Meal Crackers	6.1		
Oyster Crackers	6.		
Irish Potatoes	1.15 boiled.	3	30
Sweet Potatoes	1.75		
Round Steak, medium fat	2.70	3	
Loin Steak, medium fat	3.45	3	
Turkey, as purchased	3.10	4	
Chicken broilers as purchased	0.9	3	
Oysters	1.02 stewed.	2	05
Catfish	2.80	1	45
Red Snapper	1.25	1	45
Salmon	3. fresh.	1	45
Eggs	2.20 fried.	3	
Apples	0.85 raw.	1	50
Bananas, edible portion	1.40		
Tomatoes, fresh	0.30	2	30

It will be readily observed from the foregoing tables that beef and all lean meats are sold in the market at about five times their real value for food. Oysters are sold at near twenty-four times their value and canned tomatoes at about twenty-five times. A diet composed of lean meats is costly and unbalanced because there is an excess of material for repairing the system and a deficiency in heat and energy. What can be profitably supplemented? The addition of wheat bread is not economical because it does not change the ratio sufficiently. The per cent of nutriment in the Irish potato is too low and its digestion too difficult. The ideal food to be used with beef, veal, turkey, chicken and all lean meats, is rice. It should always be used in soups and stews and for dressings. It should be eaten with beans, peas, cheese and all highly nitrogenous foods for perfect nutrition.

RICE FOR INVALIDS.

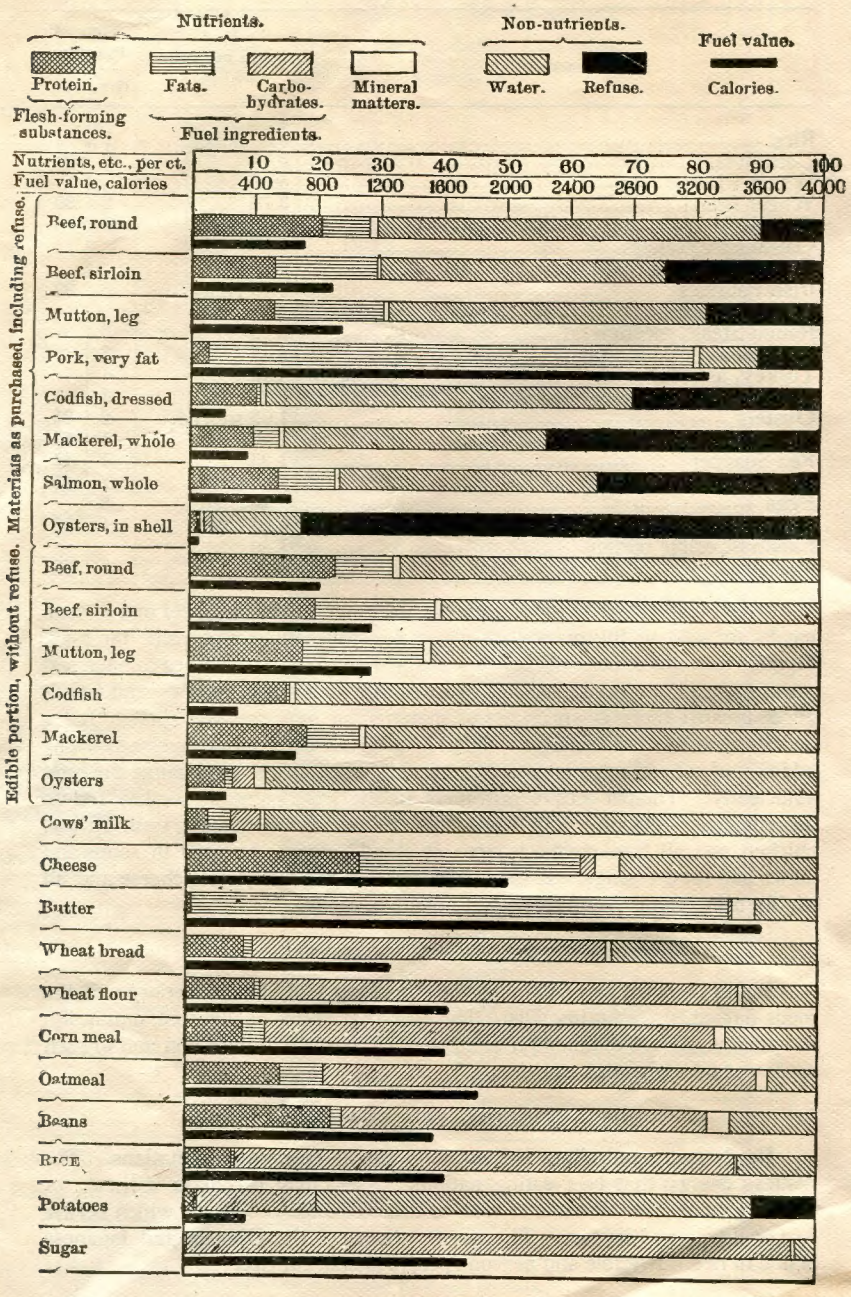
It will be noted by examining the foregoing table how superior to all the foods named is rice for invalids. The fact that it can be digested, ordinarily, in one hour should commend it to all persons with weak digestion and to such as do not take vigorous exercise.

FOOD AND TEMPERAMENT.

Food has a controlling influence on the temperament of nations. The restless energy that beef eating nations possess may become a disease. A diet largely of rice will tend to restore those equable conditions which belong to a well balanced system. The quiet patience of the Chinese and Japanese is due to rice. Irritable and nervous people should eat rice.

CHART 1.—COMPOSITION OF FOOD MATERIALS.

Nutritive ingredients, refuse, and fuel value.



Atwater's Chemistry and Economy of Food.

Fashion in Europe and America requires that rice should be polished, i. e. the dull, white, outer coating of the kernel be removed. The material removed is rich in nitrogen and of high flavor. Oriental people do not polish rice for home consumption. Fashion further requires that the rice shall consist of whole grains (head rice). The broken grains are just as nutritious and can be bought at any southern rice mill at two and one-half or three and one-half cents per pound. When rice shall take its place as a standard food, among the American people, many of these fashion follies will disappear.

In the pursuit of various methods of preparing rice the number of recipes gradually increased. Many of them have never been published before. Some have been selected from Cook Books and newspapers, but all such have been tested and modified to meet the requirements of a cultivated taste. A number of excellent recipes were contributed by friends in various parts of the world for which I am deeply indebted. I wish to acknowledge my special obligations to Mrs. H Loomis of Yokohama, Japan, Mrs. A. F. Hintz of San Francisco, Mrs. G. G. Bauer, Mrs. A. Thomson and Mrs. I. T. Welty of Lake Charles, for valuable contributions.

MRS. S. A. KNAPP,

Lake Charles, La.,
March, 1901.

Eight inch Well irrigating 240 Acres of Rice, Southern Pacific—Sunset Route.

RICE CULTURE IN THE SOUTH.

(By Prof. S. A. Knapp, Government Expert.

We are rapidly approaching the era of a universal density of population. To the people of the United States it has hitherto seemed a remote problem. The revelations of the last census show that within the present century we shall be confronted with the problem of a sufficient home food supply, instead of sending an enormous surplus to the old world. Thus far we have paid no attention to the economic value of food nor its digestibility in our efforts to gratify the appetite. In fact, fifty years ago such values were unknown to the scientific world. Now we realize the amazing waste resulting from the selection of food on the basis of tastes instead of the amount of nourishment contained. As seven-eighths of the food consumed is on an average expended in the production of energy, the value of foods should largely be based on the amount of energy they will produce in the human body. It is interesting to note what a revolution in prices this would produce. On the basis of the amount of energy a food will impart taking wheat flour as a standard at 2 1–2 cents per pound; good beefsteak (round) should be sold at 1 1–10 cents per pound; porterhouse at 1 66–100 cents; turkey—the edible part—at 2 cents; chickens—broilers—at 3-4 of a cent; Irish potatoes at 3 1–10 of a cent; butter at 5 1–2 cents; cream cheese at 3 1–10 cents; red snapper at 4 1–10 of a cent; corn meal at 2 47–100 cents; oat meal at 2 80–100 cents; invalid food, such as malted milk, at 1 6–10 cents, and rice at 2 52–100 cents.

Three articles in this list are superior to rice, to-wit, oatmeal, butter and cheese, but their superiority is due solely to the large portion of fat in each. The consumption of fat in the body is like burning pitch pine under a boiler. It makes steam, but it soon burns out the shell. Fats make too hot a fire for warm countries. If perfect consumption and slight tax upon the system be considered rice again takes rank among the first of foods in value. Where rice is the principal food, dyspepsia and other forms of indigestion are rarely found, and there is perfect health and great endurance.

In Japan it is a common saying among resident American women, "I could do that if I had a Japanese back," referring to the strength of loin possessed by the native women. Every traveler in that distant land has noted with surprise the ease with which a jinrickishaw boy will draw a man six miles an hour along the streets of Tokio. In the late rapid advance upon Pekin it was found that the Japanese could outmarch all the armies of the Occident. With full equipment they advanced all day at double-quick and repeated it till even the Russians fell behind exhausted. These women with backs, these jinrickishaw boys with the speed of a horse, and these double-quick soldiers, live on rice, bean soup and fish. The Chinese coolie works in the rice marshes of Siam, under a tropical sun, breathes malaria, drinks stagnant water, and remains in perfect health. He lives on rice.

In selecting food for dense population certainty of the crop is an important consideration, especially where any considerable failure is significant of the death of a portion of the people. Rice when properly cultivated, is the most certain crop of all the cereals. In the Orient it has been bred and trained to withstand the sweeping monsoon and the furious tornado. Last spring a farmer on the Lower Colorado River, in Texas, on the line of the Southern Pacific, planted 150 acres with imported Japan seed rice. The Galveston tornado destroyed all of his cotton, but his rice successfully withstood the storm and yielded seventeen barrels per acre. Given a suitable soil, plenty of water and intelligent husbandry and the rice crop may be depended upon with a greater regularity than bank dividends.

A third reason for adopting rice as the staple food supply in countries of dense population is that the annual crop does not exhaust the soil as rapidly as other cereals, the water of irrigation furnishing a material amount of plant food, and in some countries a winter renovating crop, as clover in Egypt, is used, making it possible to continuously crop a field in rice for an indefinite period. Further, a staple food for a warm climate must be one that can be easily preserved from one season to another. In the tropics corn and wheat cannot constitute the staple food, except in sparsely settled sections where corn can be held in the shuck. Corn meal and wheat flour are soon spoiled, weevil and must speedily make them unfit for use; but rice can be stored with reasonable safety. It can be prepared and cooked with the crudest implements, and is a healthful food for people of all ages and all conditions. It is fair, therefore, to assume that the consumption of rice in the United States will increase more rapidly than the population, all other things being equal. A dense population will demand it.

Fifteen years since, it appeared highly improbable that rice would ever occupy any commanding position in the food markets of this country. Wheat and corn imperially controlled the situation and were dominating the markets of the world. The spinning jenny and the power loom did not do more to enthrone the cotton industry than the machine seeder, the twine binder and the steam thresher did to make wheat chief of cereals. Rice, in all this period of the evolution of wheat, remained stationary. Fifty years ago it was planted, harvested and milled the world over precisely as it was 2000 years before America was discovered and to all appearances there would be no improvement for the ensuing twenty centuries. One day some bold optimists conceived the idea that improved farm machinery could be adjusted to the rice industry. After many trials and failures it was a success. The gang plow, the horse drill and the twine binder and the steam thresher took possession of the rice fields. This involved a revolution, to-wit, the Southern States would become in the near future large contributors to the world's food supply as well as to her fiber supply.

I have digressed somewhat from the topic assigned me, "Rice Culture in the South," to discuss some of the general propositions relating to rice but necessary to a full understanding of the situation. It is needless to enter into an account of the introduction of rice into the United States. It is sufficient to state that its cultivation, until recently, was along old lines, and that its production appeared likely to decrease, owing to the stronger competition from India and Siam, due to the construction of the Suez Canal

and the employment of larger steamships in the Oriental service, greatly reducing the cost of transportation. Until 1885 rice production in the United States was practically limited to the alluvial lands of the Carolinas, Georgia, Florida and Louisiana, and it then appeared that the industry could not successfully meet the competition of the bonanza wheat farms of the north-western prairies on the one hand, and the low-priced labor of India on the other; but when machinery was adjusted to the rice production and it was discovered that the prairie lands of South-western Louisiana and Southern Texas, following the rails of the Southern Pacific, with their impervious subsoils, would dry out before the rice harvest sufficiently to hold up machinery, rice began to assert the supremacy which she held as a world's food, while the use of machinery in the fields of husbandry was unknown. This coast rice belt in Louisiana and Texas includes over 12,000 square miles of fairly level and very fertile prairie. Prior to the invasion of this territory by rice the land was regarded as almost worthless except for stock range. Subsequently it was ascertained that the soil was rich in plant food and that its non-productive condition was due solely to the lack of drainage. This rice belt is bisected by ten navigable rivers and by many smaller streams; all conveying fresh, soft water comparatively free from silt. Prices of land were barely above the cost of government entry. Settlers from many sections of the country began to camp upon this territory with improved machinery. Some people shook their heads, but they shook out their plows, their drills, and their binders and went to work.

In nearly every township there are one or more ridges slightly above the surrounding land. On these, surface canals were built from 20 to 100 feet wide, according to the area to be watered. The sides of the canals were raised from 4 to 5 feet with plows and scrapers, or grading machinery. Laterals were run from the main canal to accommodate remote farms. Powerful pumping plants were located on the banks of the river at the head of the surface canals. These canals, when well constructed and operated, proved entirely successful and made the rice crop a practical certainty over a large section of the country.

Scarcely had the surface canals been accepted as a success when Southwest Louisiana was startled by the announcement that there were strata of gravel at 125 to 200 feet under the surface of the entire section, containing an unlimited supply of water, which would, of its own pressure, come so near the surface that it could be easily pumped. This was received with incredulity at first, but repeated tests proved that there is a bed of gravel nearly fifteen feet in thickness underlying this section of Louisiana and Texas which carries a large amount of soft water. Pipes of 2, 3, 4, 6, 8 and 10 inches in diameter have been sunk to the gravel and pumped continuously for months without diminution of supply. The water is soft, at a constant temperature of about 70 degrees, and absolutely free from all seeds and injurious minerals. Such is the facility with which these wells are made that a 6-inch tube has been put down to the full depth required—200 feet—in 14 hours.

The total cost of a well or wells and pumping outfit sufficient for 200 acres of rice is from $1500 to $2000, and for 500 acres about $3500 or $7 per acre. It is probable that over 50,000 acres of rice will be irrigated by wells the ensuing season. The cost of such irrigation is from $1 to $2 per acre for the season, depending upon the cost of fuel and other conditions. Where plantations are remote from timber and the railroad, the gasoline engine will be used. Since it has been found possible to transmit electricity with very small loss to distant motors the plan has been in contemplation to equip ten or twenty thousand acres with wells and electric motors, and furnish power from a central plant using the same power for milling the rice, when not in use for pumping.

The evolution in milling rice has been as great as in the production.

PRIMITIVE RICE MILLING.

The primitive method of milling rice was to place a small quantity in a hollow stone or block of wood and pound it with a pestle. The blow with the pestle cracked the hulls, and the friction created by the sliding motion of the rice under the blow removed the hulls and the cuticle. The bran and hulls were then removed by winnowing. The first advance upon this primitive mechanical process was to make the recepticle for the rice out of a short section of a hollow log, using a heavy wooden pounder, bound to a horizontal beam 6 to 8 feet long, resting on a fulcrum 4 to 5 feet from the pounder. The pounder was raised by stepping on the short end of the beam, and by suddenly removing the weight the pounder dropped into the rice tub and delivered a blow.

As one passes along the street in an oriental city, a peculiar sound is brought to the ear as of a blow delivered upon some yielding substance. Looking to the right or left one sees a rice mill, consisting of a one-man power, jumping on and off the beam of the pounder and, one one-woman power at a crude fanning mill cleaning the grain. Such a mill cleans about 11 bushels (a trifle over 3 barrels) of paddy rice rice per day, at a cost of 6 cents (gold) per barrel.

Where practicable water power is used to turn anover-shot wheel, which is geared to a long horizontal shaft with arms at distances apart equal to that of the rice pounders.

In every mountain village in Japan such mills may be found preparing the rice for local consumption. They usually have about eight pounders and mill 96 bushels daily, or 26 2-3 barrels of paddy rice, as a cost of about 2 cents per barrel, which is more than paid for by the offal. In cities steam power is used, and the number of pounders greatly increased, but the process is practically unchanged.

Our modern rice mill is an automaton of complicated machinery, into which the rough rice passes and finally appears, ready for market, graded, sacked and weighed, at the rate of 20,000 to 200,000 pounds per day, according to capacity.

Thus far the evolution of rice in its production and milling process have gone forward with perfect success upon Southern soil. The problem now widens. It is one of economic distribution. The producer of wheat in Dakota received within a third of a cent per pound of the sum the consumer in Louisiana pays for the flour. In case of wheat, transportation, milling and profits are kept within a third of a cent per pound. Reversing it, the consumer of rice in Dakota pays five cents per pound more than the farmer in Louisiana receives at his home market. That is, it costs fifteen times as much to mill and market rice as it does to mill and market wheat. When I was a boy I held my atlas on an incline in front of me, and somehow the idea took possession of me that it was always uphill toward the north pole. Transportation lines must have arrived at some such conception, and are charging for heavy grades in moving freights towards the North. However, the battle of the toiling millions for cheap food will soon arbitrate the question in favor of rice, and the two great staples, wheat and rice, will be placed upon the same footing commercially. With transportation and the other questionof economic distribution adjusted, the producers of rice will enter upon a battle royal with the producers of wheat. With what result? In India, China and Japan, which contain about one-half the population of the world, wheat and rice have been produced for centuries under similar conditions. Both are cultivated and harvested by the crudest hand processes. There, under similar conditions, the result has been favorable to rice. In the United States both are machine products, upon a parity. Rice has against it the greater cost of irrigation and of cutting. It has in its favor a larger yield per acre, a more certain crop, and an adaptation to rich low lands unsuited to

wheat. The by-products of rice are fully as valuable as those of wheat. The straw is superior as a stock food. Thousands of tons of rice straw have been sold this year in Louisiana for $4 to $6 per ton to stockmen. Rice bran and rice polish rank for food with wheat bran and wheat middlings.

It should be noted that wheat production in the United States has passed the meridian of its vigor. Many States that were once large contributors to the wheat supply do not now produce enough for home consumption. Wheat was fortunate in finding wonderfully favorable conditions on the prairies of the Northwest but it exhausts the soil rapidly; ten to fifteen years continuous cropping reduced the annual yield per acre to scarcely paying quantities. The center of wheat production is moving steadily to the North. There is little remaining territory for it to devastate. Already it is a giant with paralyzed limbs.

Another question to be considered. Can the rice farmers of the United States, with their improved agricultural machinery, compete with the cheap labor of the Orient? On the prairie rice lands of Louisiana and Texas, one man with a four-mule team can plant and harvest one hundred acres of rice. He will require an additional man in harvesting and stacking, and, of course, help for two or three days in threshing. Well tended, his crop will net him 1000 barrels. He may do much better than this, and he may do worse. In Japan. one-third of an acre is a reasonable rice farm for a man. In China and India, the water buffalo is used in preparing the land, which enables one man to cultivate one-half an acre to two acres, depending upon the amount of additional help employed. With our improved machinery, there is no known country where a dollar will produce as many bushels of rice as in the United States. The indications are that rice production in India and Japan will decrease. These countries show remarkable progress in textile manufactures. This indicates that much land in the near future will be devoted to the production of fibre. Every acre devoted to fibre must be withdrawn from the cultivation of rice or wheat, for every available acre in China, India and Japan is now under cultivation. It should be noted that the increased production of rice in Southern Europe, especially in Italy and Spain, has been considerable within the past thirty years, and wheat, oats and barley have yielded ground.

The increase of the world's population in the next 30 years will not be less than four hundred millions, and the food for this immense number of people must be drawn from new fields. Before the expiration of that period, India, China and Japan will become importers of rice, and the rice of Siam will find markets at neighboring ports. The markets of Europe must then by supplied by American rice, and the American consumption in the United States in the mean time will have more than doubled.

Let us take account of stock. Suppose our product last year to have been two hundred million pounds of cleaned rice (this is above the general estimate). We imported two hundred and five million pounds, and Porto Rico, with an annual demand for about seventy-five millions has been added to our markets. Cuba, just at our door, will soon require one hundred million pounds annually, and the Philippine demand will be about one hundred and thirty-five million pounds. These islands are all importers of food products, because they find other crops more profitable under their conditions. The Hawaiian Islands formerly sent to this country about five million pounds annually, now they import from us large amounts. With an annual production of about two hundred million pounds, we have present and prospective markets demanding seven hundred and twenty-five million pounds, with the probability that the demand will be more than doubled in thirty years and the markets of Europe added.

Some will ask "If such is the rice situation in the South, what is the necessity of any tariff on it?" For several reasons. First. The question of

economic distribution has not yet been settled. Second. Many things are yet to learned about rice in connection with machine production. As yet it does not take as high a polish as hand-produced rice. It has what is known as the chalky edge, which reduces the price of the finished product fifty cents per hundred. The price of rice at present is based on fashion and not on food values. It is the problem of finish or shine it takes and not on what it is. This chalky edge is due to careless management in producing large crops, and will soon be remedied. Credit is due to the United States Department of Agriculture for prompt and valuable assistance in overcoming some very serious obsticles in the way of economic rice production. Another thing to be learned is better cultivation, as necessary to quantity and quality of product. Third. Rice farming on our system is in its infancy. Many farmers have recently commenced with small means, and are not in circumstances yet to make a crop at the greatest profit, which requires ready capital. Fourth. The greatest danger from Oriental competition is what is known as dumpage, *i. e.*, after home consumption has been supplied the remainder is sold for what it will bring, regardless of cost of production. This occasional dumping of a surplus on our markets utterly demoralizes home prices. In the United States, when an enormous crop of grain gives us a cheap surplus it is fed to cattle and hogs. In Oriental countries it must be sold, because they do not have the stock to which it can be fed and hence is exported at any price it will command. It is like eggs, the surplus is sent to the market, whether the price is four cents or forty cents per dozen. These are the reasons for a tariff.

I have thus far discussed rice almost entirely from its commercial standpoint. This is not its most substantial and attractive feature for the South. The paramount demand of the South is for some good, small grain crop, which will furnish food for the people and a profitable surplus for export, leaving upon the farm abundant and nutritious by-products for the maintenance of stock, and thus utilizing the luxuriant pasture lands now classed as waste. Cotton and pasture do not co-operate. The sole by-product of cotton is worth too much commercially to be generally left upon the farm. The full resource of the average farm can never be developed with cotton as the main crop. Corn is a grand grain, but its stock is too woody, and has lost much of its value before it is required as a food for cattle. The plant that meets these requirements is rice. It has a wide habitat, and can safely be planted from the equator to the thirty-sixth parallel of latitude. South of this line most farms have a creek or river bottom, easily flooded, which might be devoted to rice. One hundred acres of rice furnishes at least 100 tons of straw superior to native prairie hay, and twenty-five tons of bran and polish. This provides for the wintering of one hundred head of stock. Some plan will soon be devised for the use of agricultural machinery on bottom land, as well as on the firmer soil of the prairie. The future of this industry is full of interest.

The chief interest, however, in the general planting of rice in the South lies in the fact that it will make the Southern States resourceful and independent. In the nature of things there will be ever a struggle for empire, and survival of the most powerful. The decisive battles of the future will be won, not by serried battalions with emblazoned banners amid the rattle of the rifle and the roar of the cannon, but by the industrious millions on the farms and in the factories. It is a battle to the finish for the most economic production and distribution of the world's food supplies. War has become a problem of the exchequer, based upon industrial resources. A bread line 1500 miles long is improvident if safe. Economic forces are opposed to it; especially when we have a cereal at home, hardy, enormously productive, better suited to the requirements and can be milled upon the farm for home use at trifling expense.

I have heard with pleasure in this convention speeches and resolutions in favor of establishing cotton mills in the South until every pound of cotton produced within her fair domain shall be transformed by the magic of spindle and loom into fabrics of value for the marts of trade. Did it occur to the eminent speakers that, however desirable such a result, its achievement is impossible under present conditions. Why? Because we now import from the North immense quantities of wheat, beef, pork, butter, cheese, and other food products. The question is simply this: "Is it cheaper to transport the food for the operatives in cotton mills from its Northern base to the cotton centers of the South, or to ship the cotton bale to the food centers of the North. Cotton is the cheaper freight. If, however, we shall become a great food producing people, the whole problem will be changed. General cultivation and use of rice in the South will solve the factory problem.

To affirm that rice in the South can occupy the vantage ground of wheat in the North, both in extent and economy of production, is equivalent to a to a commercial declaration of independence. It means that we shall feed our own rice people with a home grown cereal, and that with by-products we shall produce the pork, the beef, the butter and the cheese required for home consumption. It means a better grade of cattle and horses, better beef and stronger teams. The substitution of rice for corn and wheat as a principal food for Southern people will tend to the development of a hardier race. It will decrease dyspepsia, malaria and mortgages. It will strengthen and fortify every line of industry and give us support at our weakest point, a lack of a proper ratio between the food and the fibre products. By general consent cotton is recognized as the best material to clothe the nations, and iron occupies a peerless position in all mechanical and structural works. In both these world necessities, the South has no successful rival. With the home production of food her commercial independence will be complete, and her conquests in the domains of industry will be a series of brilliant triumphs.

Foundries and factories will come to her unsought; her cities will broaden to meet the demands of an increasing commerce, and her marts of trade will teem with merchants from every land.

Thus far its appears to me that this convention, from an industrial standpoint has been apologetic and penitential for the neglect of its past opportunities with promises of reform and resolutions for the future. I do not think Louisiania and Texas require any apology. For the past fifteen years they have embraced every opportunity for industrial improvement, and have gone into every battle for the commercial and industrial advancement of their people with the flags of their States spiked to the staff.

Speaking for the rice section, fifteen years since there was scarcely a barrel of commercial rice produced in what is now known as the prairie rice section, which extends 400 miles along the gulf coast, and contains some of the most fertile lands on the continent. These lands were then valued at 25 cents to $1.50 per acre. There were few settlements and no rice mills. To day it is the rice producing center of this country. Unimproved lands are worth on an average $12.50 per acre. There are thousands of improved farms and happy homes. Within the territory are twenty-seven rice mills, with a daily capacity of over 20,000 barrels of rice. A score of young cities have sprung from the prairies, are clamoring for harbors and public buildings, and are heralding themselves as the future urban centers of the South.

To illustrate the momentum of progress, it may be stated that one firm has sold in a retail way over 20,000 acres of land for actual settlement since last July. Within the past ninety days over $10,000,000 of new capital have been invested in the rice industries of Louisiana and Texas. I can not say we are exactly in line, but we shall be when the rest double-quick for a few years.

TO PREPARE RICE FOR COOKING.

Rice should be thoroughly washed. Place a cupful in a deep basin with plenty of water and rub it well between the hands, turn this water off, use more washing and rubbing, again rinse. Turn into a colander and drain. Some even lay the washed rice on a dry cloth and wipe it to make sure that the dust is off the grain.

PLAIN BOILED RICE.

There are different ways to plain boil rice depending upon the use to which the cereal is to be put after cooking. If you wish to use it as a vegetable, on the table with meats and their gravies or as a border to a roast or to add to a soup, then it should be cooked so that each grain is separate by itself. If you wish to use it in any of the forms of mixtures with milk or eggs or to press it through a sieve, it is better to cook longer and less attention is required.

BOILED RICE No. 1.

A porcelain or granite ware deep stew pan is a good kettle to cook rice in. Put into it four cuptuls of water and let come to a boil, adding a teaspoonful of salt. While still boiling add gradually the prepared (washed) cup of rice. With a fork lift it once or twice shaking the kettle that none of the kernels stick to the bottom and allowing the water to bubble through the grains. Let boil twenty minutes, remove from the fire, pour off water, if any, and place on the back of the steve or in the oven where it will finish swelling without burning. In this way rice is plump and light and white.

BOILED RICE No. 2.

Put four cupfuls of water in a farina kettle and let the water in both kettles come to a boil, adding a teaspoonful of salt to the inner kettle of water. Sprinkle gradually the cup of prepared rice into the boiling water, lift it once or twice with a fork then cover it closely. Let it boil half an hour.

BOILED RICE No. 3.

Wash a measure of rice very thoroughly. Have four measures of water boiling and salted, add to it the rice, being careful to add slowly, not to check the boiling. Cover both kettles and let boil rapidly for twenty minutes. Pour the rice into a colander and pour over two quarts of cold, clear water, letting it run through. Shake the colander to wash every grain well. Return the rice to the kettle in which it was cooked, put it over the boiling water, set it back on the range and let steam until ready to serve for use. Every grain will be distinct but this method decreases the nutritive value.

RICE COOKED WITH MILK.

In the place of water use milk, letting it come to a boil before adding the rice. Rice cooked in this way is much richer and better.

These are the foundational ways of cooking rice and from them a great variety of good dishes may be made.

Rice is done when you can cut the grain easily, but for many uses it should easily crush.

JAMBALAYA.

There is scarcely a creole family which does not have, at least once a week, this characteristic dish in some of its forms. It is made of various meats, fishes, etc. The ingredients change with the things at hand but rice is always used. Here is a recipe given by a creole who is "to the manor born." Cut a piece of fresh pork (a pound) into pieces an inch square and chop two or three onions fine. Put a large tablespoonful of sweet lard into

a deep sauce-pan. When hot add the chopped pork with the onions and let them brown, stirring, for five minutes then add about the same amount of chopped ham as you have of pork, and a quarter pound of chopped Vienna sausage. Next add the herbs, a bay leaf, a little parsley, two cloves with a saltspoon of salt and brown a few minutes longer. When all are nicely browned add two quarts of hot soup-stock or hot water. Let it cook about ten minutes; when boiling nicely add a cup of rice washed and dried. Let boil until the rice is tender, stirring frequently to keep from burning. Season with salt, cayenne, and tobasco or chilé sauce. Serve very hot in bowls or on plates.

CRAB JAMBALAYA.

Have ready a pot of well salted boiling water into which throw the live crabs and let boil until the shells turn red. Remove from the fire and let cool. Pick the meat from the shell, mince it fine and it is ready for use. Into a pot put a tablespoonful of sweet lard or pork drippings. Let heat and add a large onion chopped fine, brown, add a tablespoonful of flour, brown, then add two or three tomatoes or their equivalent in canned tomatoes, brown, stirring carefully to keep the flour from thickening in lumps. Now put in one and one-half quarts of hot soup-stock or boiling water. Boil until the ingredients are well combined and add one cup of rice (washed). Boil until the rice is tender, stirring often. Season as desired with cloves, parsley, bay-leaf and celery chopped fine and pepper, salt and a pinch of cayenne. Add the crabs, let boil fifteen minutes and it is ready to serve.

SHRIMP JAMBALAYA.

Boil the shrimps in very salty water for ten minutes, remove from the fire and let cool. Remove the shell, mince, and follow the receipt for crab jambalaya in seasoning, time, etc., substituting the shrimps for the crabs.

OYSTER JAMBALAYA.

Follow nearly the same recipe as for crab jambalaya commencing with the browned onion in the pot. Use the oyster juice instead of the soup-stock filling out the amount with hot water. Add the cup of rice, herbs and seasoning and let boil until the rice is tender. Add last of all fifty oysters and let them cook until the edges begin to curl when it is ready to serve.

CRAWFISH JAMBALAYA.

Put in the kettle a handful of salt with two quarts of water. Add a soup-bunch, some whole spices, some whole black and two tobasco peppers. When the water boils well, add the crawfish and boil ten minutes. Remove from the fire and cool. Separate the meat from the shells. Brown an onion in lard or pork drippings, add a tablespoonful of flour, stir and let brown, add any sweet herbs desired chopped fine. Then add two tomatoes and two sweet peppers chopped fine. Let cook gently, stirring, then add one and one-half quarts of boiling water. Then add a cup of rice and boil until the rice is tender. Stir in the crawfish, add a little cayenne and other seasoning if necessary and cook for ten minutes and serve.

NOTE.—The secret of success in all jambalayas is the constant attention given to keep them from burning.

FILÉ.

In the markets of most towns of Louisiana will be found bottles of filé for sale. The best way to obtain it in its freshness is to buy it directly from the women who come to town with it each spring. Filé is tender leaves of sassafras dried, pounded and sifted. The usual price is seventy five cents to one dollar for a pint bottle. Filé is used to thicken soups, especially the "gumbos."

GUMBO No. 1.

An old fowl is best for gumbo. After cleaning, cut into pieces as for fricassé. Place a tablespoon of lard into a large stew pan or granite ware kettle; when hot add the chicken; when fried a good brown, throw over it a tablespoonful of flour; let brown; now add hot water to a little more than cover; add two sliced onions, a pepper pod (without seeds) pepper and salt to taste; when the chicken is thoroughly done and about fifteen minutes before you are ready to serve pour in 50 oysters and their liquor; when the oysters wrinkle at the edges remove from the fire, and place on the back of the range. Sprinkle in a tablespoonful of filé; stir and serve immediately with a large tablespoonful of warm boiled rice in the soup bowls.

Relift Irrigating Canal, Southern Pacific—Sunset Route.

GUMBO No. 2.

Take a medium sized soup bone, a chicken which has been cleaned and cut in pieces, place them in a large kettle; cover with cold water after it has come to a boil, add three medium sized onions, salt and pepper to taste; boil at least five hours. This prepares a rich soup stock. Skim off excess of grease.

About ten minutes before serving add fifty oysters and their juice; boil till the edges wrinkle; remove from fire; add tablespoonful filé; stir and serve immediately with boiled rice.

CRAB GUMBO.

Use either of the above receipts substituting crabs for oysters. Crabs prepared as follows; place crabs in boiling salted water, when red remove from the water and cool; cut off the claws and crack them; remove the meat from the shells.

SHRIMP GUMBO.

Use either No. 1 or No. 2 adding shrimp instead of oysters.

OKRA GUMBO.

One quart ripe tomatoes, one quart okra cut in rings, put over the fire with three quarts of water; let come to a boil. Cut up a chicken into small pieces, bones and all, fry brown in butter or lard put into the vegetable mixture, add onions chopped fine, salt and pepper to taste and let all simmer for two hours. When served put a tablespoonful of boiled rice and a little garden pepper cut fine in each dish, dipping over it the chicken, vegetable and juice.

SOUP STOCK.

Plain Stock. From five pounds of fresh beef cut the meat from the bone and cut into small pieces and break the bone into small pieces. Put into the kettle with five quarts cold water and a tablespooful of salt. Let heat very gradually. As it comes to a boil skim off the scum which has risen and allow the stock to simmer gently as hard boiling hardens the fibre of the meat. *Time.* Two or three hours is sufficient to extract the flavor and juices of the meat and is injured by too long cooking.

When the stock is done, strain through a folded cloth laid in the colander, set over the jar in which the stock is to be kept. (Always strain the stock as soon as it is done, as standing in the pot in which it has been cooked injures the flavor.) Cover the jar with a sieve or cheese-cloth (never with a plate) and let it cool as quickly as possible. Allow the stock to stand over night. When needed for use remove the cake of grease from the top and clarify as follows:

To clarify Stock. Whites and shells of three eggs beaten with three tablespoonfuls of cold water. Put into a stew pan and pour over the cold stock. Put over the fire and allow it to come slowly to a boil stirring it frequently. When the egg has risen to the top and the stock appears quite clear pour it into a folded cloth laid into a colander and set over a large bowl. Do not squeeze but allow to drain through. The stock is now ready for use.

REMARKS. Many soups do not require a very clear stock and it will not be necessary to clarify. Also if the simmering of the meat has been carefully done the stock will be quite clear. Stock can be kept in the winter for a week. In the summer it will need thorough scalding every other day at least to keep from souring. Let it boil two or three minutes.

WHITE STOCK. Made the same as Plain Stock using chicken, veal or any light meats in the place of the beef.

FISH STOCK. Substitute fish for the beef in Plain Stock and add an onion, a few sweet herbs and a little lemon rind. Fish Stock sours very quickly.

COMPLEX STOCK. Made as Plain using several kinds of meat, a little ham, and chicken, a few herbs and spices, whole vegetables, such as onions, tomatoes and carrots are added but must be skimmed out before straining. This stock also sours quickly.

COOKED MEAT STOCK. Take meat and bones which have been left and simmer for five hours.

All of the Stocks served with boiled rice are delicious, easily and quickly made.

RICED OYSTER SOUP (without milk).

Put a tablespoonful of lard into a deep kettle; when the lard is hot, stir into it two tablespoonfuls of rice flour stirring constantly to prevent burning. When light brown add the chopped onions continuing to stir until these are brown being careful to avoid burning. Take the liquid from three dozen oysters, mix with a pint of boiling water and pour into the kettle mixing thoroughly. When it shows sign of coming to a boil add the oysters, an ounce of butter and seasoning to taste. When the thin edges of the oysters wrinkle and separate, remove from the stove and serve at once.

RICED OYSTER SOUP (with milk).

Drain four dozen oysters in a colander, pour the juice in a soup kettle, add one-fourth teaspoonful of black pepper and let it come to a boil. When

near boiling skim any sediment that rises. In a separate sauce pan boil one quart of milk; when the milk comes to a boil add it to the oyster juice and put into it a tablespoonful of butter into which has been rubbed two tablespoonfuls of rice flour. Stir the soup constantly that it may not burn; as soon as it comes to a boil the second time throw in the oysters and let them scald until the edges curl and separate. Put into the tureen salt, pepper, a tablespoonful of butter and a sprig of parsley and pour the oysters over this and serve immediately.

RICE SOUP No. 1.

Add a cup of boiled rice to one quart of heated soup-stock. Stir until it comes to a boil, season with pepper, salt and parsley and serve.

RICE SOUP No. 2.

Put one pound of lean beef and one-half pound of soup bone into a pot with one quart of cold water, one teaspoonful of salt and a sliced onion and simmer for four hours. Strain it through a colander, return it with the good meat to the pot, stir in one-half cup of washed rice and cook for thirty minutes, stirring frequently to prevent the rice from scorching. Season and serve.

RICE SOUP (without meat).

Cook rice No. 2 and cool a little. Put through a potato ricer and return to the farina kettle with a cup of heated milk, salt and pepper. Into a cup of cream fold three well beaten eggs. (If milk is used a tablespoonful of butter should be added.) When the rice is smooth in the milk, take from the fire and add the cream and egg. Add more seasoning if desired and serve with salted wafers.

RICE AND TOMATO SOUP No. 1.

Into one quart of heated soup-stock stir three-fourths of a pound of tomatoes previously cooked, and one cup of boiled rice. Stir the whole till it comes to a boil, season with salt and pepper and serve.

RICE AND TOMATO SOUP No. 2.

To one pint of soup-stock add one cup of prepared rice and boil for twenty minutes. Then add one pint of tomatoes which have been put through a sieve and heated. Cook ten minutes longer, then add slowly one pint of fresh milk, season with salt and pepper and a bit of parsley. Serve with squares of toasted bread.

PUREE OF RICE.

Simmer for three hours one pound of lean beef and a half pound soup bone in salted water. Strain through a colander and return the juice to the pot with the good meat leaving out the bones, etc., add one cup of boiled rice and two cups of vegetables, chopped fine, stirring occasionally to prevent scorching. When cooked take out the vegetables, mash and return them to the soup. Boil one minute, season and serve. Any vegetables in season can be used.

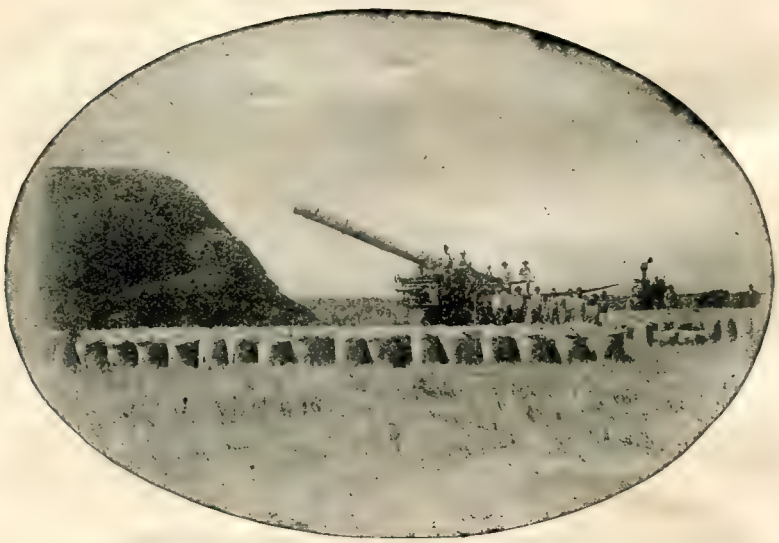
RICE WITH VEGETABLES.

Wash a knuckle of beef or a soup bone and place it in three quarts of cold water for one hour. Put it on the stove and let it gradually heat, then simmer for two hours. Any scum rising when it first begins to boil should be skimmed off. Have one-half cup each of chopped onion, cabbage, carrot, tomatoes and one-fourth cup of turnip, three cloves, a pinch of cayenne, black pepper and one and one-half teaspoonful of salt. Add these to the simmering meat and let boil for one hour, then add a cup of rice and a bay leaf. Boil,

stirring occasionally until the rice is cooked. When the kettle is closely covered there is little need of adding water; if it is necessary it must be boiling.

QUEEN OF SOUPS WITH RICE.

One fowl weighing five pounds, three quarts of cold water, half cup of rice, half pint of sweet cream, one carrot, one onion, one bay leaf, four cloves, three tablespoonsful of butter, two tablespoonsful of flour, one blade of mace, one piece of cinnamon, salt and pepper to taste; clean the fowl, put it in the soup kettle with the water, rice, mace, cloves, cinnamon and bay leaf. Cover the kettle and simmer gently for two hours. Clean the vegetables and cut them into squares. Put the butter in a frying pan and when hot put in the vegetables, stir until brown, then add them to the soup, cover the kettle and simmer one hour longer. Next take out the chicken, take off the white meat, chop it fine. Remove the carrot and spices from the soup and press the remainder through a coarse sieve. Wash the kettle, return the soup and chicken. Add the flour to the butter in the frying pan, mix and add to the soup. Add cream, salt and pepper, boil a minute and serve. A spoonful of boiled rice may be put in each dish when served.



A money maker—Rice Thresher taking a rest, Southern Pacific—Sunset Route.

MELANGE OF RICE.

Prepare by chopping fine, measuring after chopping, one cup of cabbage, one half-cup carrot, one cup potatoes, one half cup turnip, one-half cup onion and a little celery. Put these vegetables into a kettle with two quarts of hot water and let boil one hour. Then add salt, pepper and a pinch of cayenne. Let boil half an hour longer. Just before serving stir a cupful of milk into a cup of cooked rice (warmed) add to the vegetables with a tablespoonful of butter and serve hot. Do not let the soup boil after the milk and rice are added.

RICE MELANGE WITH FISH.

Place any kind of fresh fish (about two pounds cut fine) in a kettle with one onion, one carrot, one celery stalk and some parsley, one quart of water, a little salt, and let it boil one hour. Cook in water until tender two stalks of celery and two carrots; take them out and let them drip. Put the dripped vegetables into a saucepan with half a cup of chopped ham, (boiled) and half a cup of boiled rice. Pour over this the fish stock as above and let cook for a quarter of an hour. Serve.

RICE AND ONION SOUP.

In an ounce of butter or pork drippings fry till a light brown two or three large onions sliced thin; then add two tablespoonsful of flour and brown till about the same color. Mix thoroughly with a pint of cold stock, place over the fire in a soup kettle, and when it comes to a boil, pour in a quart of boiling milk into which a cup of boiled rice has been mashed to a smooth paste. Season with salt, pepper and a pinch of cayenne and serve.

RICE AND CORN SOUP.

Simmer a pint of sweet corn in a quart of soup stock until tender, pass it through the colander, then add a quart of boiling milk into which four tablespoonfuls of rice flour have been scalded. Add to this a small piece of butter, season with salt and pepper and serve.

CREAM OF ASPARAGUS WITH RICE.

Cut two bunches of asparagus into inch lengths and simmer them gently in water until tender. Pour into a colander and press through all the tender parts of the cooked asparagus. Into the soup kettle put two tablespoonsful of butter and stir into it four tablespoonsful of rice flour, brown and gradually add the asparagus stock (about one quart,) let it boil two minutes, then add a pint of sweet milk or cream. Season with salt and pepper and serve hot, with buttered toast cut in dice shape.

CREAM OF CELERY WITH RICE.

Cream of celery may be made the same as Cream of Asparagus, taking the outside stalks and stumps of two bunches. It should be boiled for about one hour then prepared and served as cream of Asparagus with rice.

POTATO AND RICE SOUP.

Lightly brown one minced onion in sauce pan with one tablespoonful of butter or lard. Add two minced potatoes and fry them a little while. To this add two quarts soup stock or water and allow to boil for twenty minutes. Add half a cup of boiled rice. Sift the whole through a sieve and put the puree back into the sauce pan. When ready to serve add one cup of cream with one tablespoonful of butter, salt, pepper and a pinch of cayenne.

CREAM OF RICE AND SWEET POTATO.

Boil until tender nine medium sized sweet potatoes and remove the skins. Sift through a strainer the potatoes and one cup of boiled rice and put the pap into a sauce pan with four tablespoonsful of butter, one teaspoonful of butter and a little salt. Let boil a while and add two quarts boiling milk. Stir well and serve with some fried toast.

BREAD AND RICE SOUP.

Let two quarts of water boil, and when boiling add one-half pound of bread, broken into small pieces. Let cook three-quarters of an hour stirring

from time to time. Add to this one-half cup of boiled rice. When ready to serve beat in a bowl three eggs, three tablespoonsful butter and one glass full of milk. Add to the bread and rice. (Do not let boil after adding.) Serve.

CREAM OF RICE AND ALMONDS.

Skin one pound of almonds, drain, put all except twelve in a mortar with one glass of milk and one cup boiled rice. Mash into a pap and mix with one quart of milk. Strain through a gravy strainer and put the juice into a sauce pan adding another quart of milk. Let warm but not boil. When ready to serve bind with two teaspoonsful of rice flour, one teaspoonful of sugar, one-half salt spoon salt and two tablespoonsful butter mixed with one glass cold milk. Split the almonds you have saved, put them in the tureen and pour the cream over.

CONSOMMÉ OF RICE.

Take canned or home prepared consomme or stock. Heat it and pour over boiled rice No. 1.

RICE RAGOUT.

A ragout is a stew whether vegetable or cereal. The foundation of a stew is of course meat or fowl, and from the Irish potato stew to the truffles a l' Espagnole, a stew is still a stew though appearing under a hundred varied names. With each development of that toothsome dish the sweetest thickening is the boiled rice.

RAGOUT OF MUTTON OR VEAL.

Take from four pounds of beef ribs all the bones, etc., and boil these in three cups of water until all the juices are extracted. Cut the meat into dices. The other ingredients are: one-fourth pound of salt pork, one cup onion, one cup boiled rice, pepper, salt, parsley, and bay-leaf, one small beef tongue and one egg. Fry the onion in drippings, then add the meat and let it fry turning often. Take the tongue already boiled and skinned (cut out the best parts for another meal), cut up the remaining parts and fry in the same drippings.

Place the salt pork, sliced thin, in the bottom of a kettle, upon it place the meat, upon this the tongue, next the onion and cold rice cut into slices, sprinkle over this salt and pepper to taste and pouring over all, the hot gravy from the bones adding hot water, if any is needed sufficient to cover up to the rice. Cover closely and stew gently for a little over an hour. Take up the stew with two skimmers, place on a platter, thicken the gravy with a little rice flour, add to it a beaten egg, pour over the stew and serve.

Any kind of meat can be used in combination or singly to make this stew and parsley, bay leaves, cloves, cinnamon or wine may be added as desired.

FISH CHOWDER AND RICE.

Prepare fresh fish by cleaning and cutting into slices about an inch thick, Place in the bottom of a deep kettle six thin slices of salt pork, over these spread three thinly sliced Irish potatoes, now a layer of the fish sprinkled over with salt, pepper and a little minced onion. Over these a layer of cold boiled rice. Then thin slices of bread, salt and pepper and bits of butter. Repeat these alternate layers of pork, potatoes, fish, rice, bread and seasoning. Add a pint of hot water, put a tight fitting lid on the kettle and simmer gently for half an hour. Remove the lid, add two cups of hot cream or milk and serve. It may be served without the milk and is better liked by some that way.

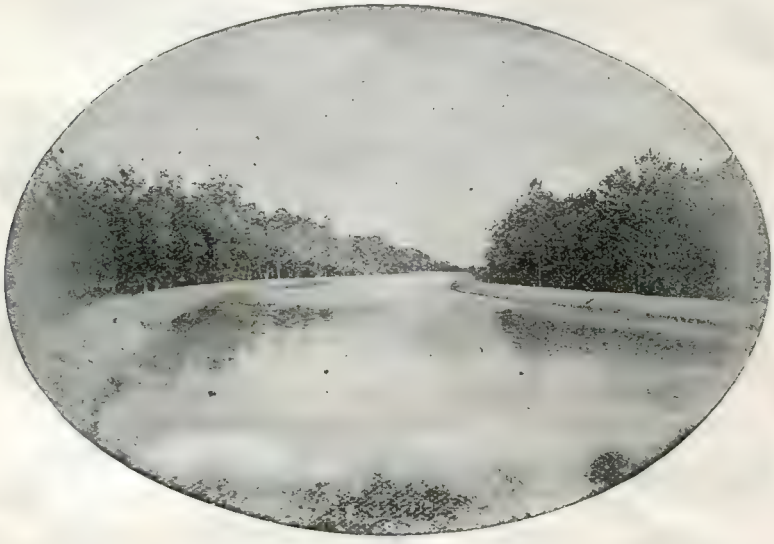
CLAM CHOWDER AND RICE.

Cut a quarter of a pound of salt pork into thin slices and fry until brown and crisp, add to it a minced onion and a tablespoonful of butter. Slice a pint

of cold boiled Irish potatoes and a cup of cold boiled rice. Chop two dozen clams quite fine. Put all into a kettle in alternate layers, season with salt and pepper and pour three cups of hot water. Cover with a tight fitting lid and simmer fifteen minutes. Any kind of fish sauce may be served with this chowder.

BAKED FISH.

After the fish have been properly prepared (washed and wiped dry) rub well inside and out with salt, pepper and butter. Make a stuffing of boiled rice, two dozen drined oysters and season with salt, pepper, chopped bay leaf and onion. Fill the fish with this stuffing and sew its wind with a cord to keep in form. Place on a trivet or perforated tin sheet, dredge with salt, pepper and flour and over the top put thin slices of salt pork. Cover the bottom of the pan with hot water and put in a moderate oven and bake slowly for the first hour, after this increase the heat till the oven is very hot. Baste every fifteen minutes with the drippings in the pan and after each basting dredge with a little salt, pepper and flour. The water in the pan should be often renewed, not much water being allowed in the pan at any one time A good sized stuffed fish will bake in one hour and one-half to two hours or allow fifteen minutes to each pound. Take upon a platter, remove the strings, garnish and serve with a gravy made from the drippings of any fish sauce preferred.



Rice Irrigating Canal, on line Southern Pacific—Sunset Route.

PILOU.

Cut four pounds of meat from the bone into pieces of two ounces each, mix one-half cup flour and one teaspoonful salt together, rub the pieces of meat in this, place in a pot in which has been melted two tablespoonsful lard and one large sliced onion, let fry five minutes, then add one and one-half pints water, a little cayenne, one bunch sweet herbs and simmer for one hour and one-half. Place the meat and sauce in the center of dish and make a border of boiled rice and place in the oven for five minutes and serve.

FILLET OF BEEF.

Lard a fillet of beef with small strips of salt pork, running it through with a larding needle. The larding should be done in parallel lines along the center of the fillet. Incisions cut with a long, slim knife may answer and the salt fat pork can be pushed into these but not as easily. After larding, rubbing salt and pepper, cut an onion or two, a carrot, a parsnip, a celery stock and put in the bottom of the dripping pan. Lay on this bed the larded fillet of beef. Cover it with slices of salt pork, cut thin or with bits of butter. Add two cups of hot water to the dripping pan and around the edge put pared Irish potatoes. When basting, which should be done about three times, dredge over it flour, salt and pepper from the dredge box. If water gets low, add a little. In about half an hour try the roast with a carving fork. If done, the meat juice will follow and should be red and bright. The fiber of the meat will be swollen and yield readily to the pressure of the flat of the knife. When ready to serve lift out the meat, skim out the vegetables, add water to the pan and thicken with one tablespoonful of flour. Make a bed of warm boiled rice, lay on this the fillet of beef, put the vegetables and potatoes around the edge and pour over all the gravy, and serve at once.

TENDERLOIN WITH RICE.

Slice the beef into thin, small pieces. Let brown one small onion and one tablespoonful of butter in a sauce pan, add the sliced meat and let fry for five minutes. Cover with boiled rice and sprinkle over one tablespoonful of flour, two cups of milk, two tablespoonsful of Worcestershire Sauce. Add some parsley and let cook for a few minutes longer and serve in a warmed dish.

TENDERLOIN WITH OLIVES AND RICE.

Slice the tenderloin about an inch thick and brown in butter for about five minutes. Put on serving dish and place in the warming oven. Now add to the same pan one tablespoonful of flour, one tablespoonful of boiled rice, about twelve stoned olives, one and one half cups of stock. Let boil five minutes and pour over the prepared tenderloin. Serve.

AMERICAN TENDERLOIN STEAK WITH RICE.

Slice and brown the steak as in "tenderloin with rice." Put in the same pan four tablespoonsful of tomato catsup, two tablespoonsful of Worcestershire Sauce, two tablespoonsful of boiled rice, and one cup of stock. Let boil five minutes and pour over the steak and serve.

RICED TENDERLOIN WITH MUSHROOMS.

Prepare the steak as in "tenderloin with rice." For the sauce put one-fourth pound can of sliced mushrooms with their juice into the pan. Add to this one tablespoonful of rice flour and one tablespoonful of boiled rice. Let brown and pour over the steak.

TENDERLOIN WITH TRUFFLES.

Prepare the steak and sauce in the same way as steak with mushrooms, only in the place of the mushrooms use one-fourth pound can of truffles and add one cup of Maderia if desired.

SMOTHERED STEAK.

Pound well the steak, remove the outer skin; into a frying pan put one tablespoonful of lard, when it is melted slice into it one onion and over it lay the steak which has been well seasoned with salt and pepper and dusted with flour. Cover and let it simmer over a hot fire for a few minutes, then turn. After a minute or two add one tablespoonful of vinegar, and one bay leaf. Brown the steak keeping the pan covered all the time, then pour over enough hot water to just cover the meat, let it come to a brisk boil and set it on the

back of the stove to let simmer for two hours. After half an hour add six tomatoes sliced in their juice, or one-half of a pound can of tomatoes, and one-half cup of rice, and simmer for one and one-half hours. Serve, pouring the gravy over the steak.

SMOTHERED BIRD.

Butter a quart basin and into it press lightly warm boiled rice. Have a chicken cooked as for fricassee and seasoned in the cooking. Cover the rice in the basin with the best parts of the fowl, over it put a cover of rice, press smoothly and over it pour the gravy in which the chicken has been boiled. Add bits of butter and bake in a moderate oven twenty minutes to half an hour. Serve in the same dish.

TO SMOTHER TEAL OR QUAIL.

A small game bird is usually a rather dry meat when broiled, fried or baked, but if it be well seasoned, especially well buttered, and smothered in rice in a pan just large enough for each individual bird and served when very hot either in the same dish or turned on to a plate and garnished with parsley it becomes a juicy, delicate, and attractive dish.

ROAST TURKEY.

Prepare a young turkey for roasting. Place it in a pan, rub it over with three tablespoonsful of butter, fill with the following stuffing:

Stuffing.—Let one chopped onion brown in some butter and mix into it two cups of boiled rice and one cup of bread crumbs which have been moistened in a cup of milk, add sage or parsley or other sweet herbs as desired, and half a pound of sausage meat or salt pork chopped fine, salt and pepper. Stir the ingredients until thoroughly mixed. Thoroughly stuff the prepared turkey, secure the openings, baste with one cup of hot water and roast in oven for one and one-half to two hours according to the size of the turkey.

VEAL BRISKET STUFFED.

Take from four to five pounds of veal brisket. If not already prepared for stuffing make incisions and remove the bone. Fill with stuffing as above, sew with coarse thread, place in a pan with two tablespoonsful of butter over it and two cups of water and let bake in an oven for two hours basting frequently.

ROAST GOOSE OR DUCK.

Prepare the goose or duck for roasting, and stuff with the following stuffing.

Stuffing.—Four onions, four apples, four leaves each of sage and thyme, fry these in two tablespoonsful of butter till brown; add boiled rice till of desired stiffness. Season with salt, pepper and cayenne.

Instead of this stuffing that of the roast turkey may be used or very highly seasoned rice alone may be used.

DUCK WITH RICE.

Into a stew pan place three tablespoonsful of butter and add two ducks cut in halves and let them brown. Add a teacupful of bacon cut in small pieces, sprinkle over it one tablespoonful of butter and let it brown again; add two cups of meat stock or hot water and half a cup of washed rice, some parsley, salt and pepper, cover and cook for one hour.

PIGEONS WITH RICE.

Cut the pigeons in halves lengthwise and break the bones to flatten. Fry on a moderate fire to a delicate brown, cover with bits of parsley and butter. Lay each piece on a bit of highly seasoned rice and pour over the whole the following mushroom sauce: Put one teaspoonful of butter into a small sauce

pan; when it bubbles add a teaspoonful of flour. When well browned stir in a cupful of stock or hot water and half a cup of mushroom sauce from the can. Let it simmer and add half a cup of mushrooms. Season with lemon juice, pour over the pigeons and rice and serve.

TOMATO SAUCE FOR MEATS AND GAME.

Put butter the size of an egg into a sauce pan; when it bubbles throw in a large onion chopped fine with two sprigs of parsley and a little pepper. Let it cook five minutes, then throw in a heaping teaspoonful of rice flour and a little broth from the stock pot or a little hot water. Cook a few minutes, pour in a cup of strained tomatoes, stir well and pour over meat.

BOY'S BEST RICE STEW.

Put a tablespoonful of pork drippings or lard into a kettle when heated, put in a pint of beef cut in dice and let brown. When browned add one large or two small onions sliced fine and let them brown, then add two tablespoonsful of flour and brown thoroughly. Now add one quart of hot soup stock or boiling water. Let boil together ten minutes and add for seasoning, salt, pepper, cayenne, a bay leaf, remove to back of the stove and let simmer one hour, or till the meat is very tender. Serve with boiled rice.

A Rice Field in Harvest Time, Southern Pacific—Sunset Route.

STUFFED VEAL AND RICE.

Take large bones from loin of veal. Stuff the cavities thus made with a forced meat of chopped pork, rice, salt, pepper and onion or sage. A few chopped mushrooms will improve it. Cover the sides with greased paper, put a cupful of stock into the dripping pan with the meat and baste the first hour with butter and water after that with the gravy in the pan. Remove the meat to a platter and stir into the gravy one-half cup of chopped mushrooms and a little browned flour. Have ready some boiled rice with grains thoroughly separated and seasoned with salt, pepper and onions. Place around the dished veal and over the whole pour the made gravy.

BAKED RICE.

Wash a cup of rice well, add to it a cup of strained broth, two cups of boiling water and a half teaspoonful of salt. Put into a kettle and cook slowly until it has taken up all the water and is soft. Pour into it a large cupful of hot milk in which has been beaten two raw eggs, two tablespoonsful of grated cheese and a tablespoonful of butter. Stir well and add a heaping cupful of minced veal and ham. Put into a mould, cover and bake one hour. To remove from mould dip first in hot and then in cold water and invert on platter.

PILAFF

Cook two large tomatoes in two cups of water until tender. Press through a colander or sieve, to remove seeds; put back on stove and add half a cup of prepared rice. When rice is nearly done add seasoning of salt, pepper, butter and garlic if desired and serve poured over fricasseed chicken or minced meats warmed over.

GELATINED RICE PILAFF.

Make a (see Pilaff) and to it add when finished two ounces of gelatine, soaked and dissolved in enough water to cover. When ready to mold, stir the Pilaff and gelatine together and mold in cups. Turn out on a plate, pour over a mayonnaise or other dressing and add a sprig of celery or parsley.

RICE BORDER FOR MEATS.

Cook the rice as per No. 2. Remove from the fire and press into buttered cups to half full. Let cool. Slip from cups and arrange around a tender juicy roast just from the oven. Pour over the rice the following made sauce.

MADE SAUCE FOR RICE.

Rub together two tablespoonsful each of butter and flour. Melt into a sauce pan without burning. Add this by degrees to the gravy from the meat and let boil three minutes. See that the seasoning is correct adding juice of a lemon if desired. Pour the sauce over the rice border and serve.

RICE BORDER FOR BEEFSTEAK.

Buy a flank or other steak, place it on the meat board, remove all the white skin from the steak and chop with a chopping knife, not cutting it quite through but hacking it over on both sides. In a frying pan put a little lard or salt pork drippings, enough to grease the pan; heat the pan very hot, lift the steak by the side and lay into the pan. Brown a moment and turn, see that every part of the steak is pressed down to the pan, turn once or twice keeping it so hot that none of the juices start. All the juice must be retained by the meat or it is ruined. While the inside of the steak is still bright red, remove to the center of a platter already warmed, and sprinkled with salt. Salt and pepper the top, add bits of butter, place a border of rice made in after dinner coffee cups around the steak, pour a cup full of french peas, heated and seasoned dry, on the border and serve the dish very hot.

ITALIAN RICE.

Have a half cup of freshly cooked rice; take one tablespoonful of butter and one of flour and rub together in a stew pan, add to these a cupful of grated cheese and a cup and one-half of hot water and a pinch of annotto. Stir rapidly and when perfectly smooth pour this mixture over the warm rice spread on a shallow fancy dish—as a low salad dish. Sprinkle finely grated cheese over the whole and serve hot, garnished with nasturtion leaves around the edges.

FRIED LIVER WITH RICE.

Cut the liver into pieces half an inch thick, two inches wide and about four long. Place these in a deep bowl or basin and pour over them boiling water, stir with a fork, pour off the water and add another wash of hot water, then drain the liver in a colander. Have some thin slices of salt pork, fry to a light brown, remove the pork, or if the frying pan is large, draw to one side. Put in the liver, seasoned with a good sprinkle of salt and pepper, and fry from five to ten minutes, depending upon the tenderness of the liver. Draw this aside and fry in same fat and juice some slices of cold boiled rice cooked as per No. 2. The rice must be a golden brown. Then lift out with a tin shovel and place rice slices on a hot platter. On each slice put a slice or two of liver and a slice of pork. Make additional gravy if needed with a little butter in which has been stirred a spoonful of flour, add a little hot water, pour over all and serve.

STUFFED GREEN CHILES.

Remove stems and seeds from six green chiles. Boil two pounds of meat until tender and chop fine, add to it one large tomato, two small onions, a cup of boiled rice, chop fine, add olives, raisins, one tablespoonful vinegar, one tablespoonful sugar, salt and pepper to taste. Fry the mixture in butter, remove from the fire and stuff the chiles. Dip the chiles in batter and fry in butter or lard.

"CHILE CON CARNE."

Cut one small round steak in small pieces and put into a frying pan with one tablespoonful of butter or drippings, one cup of boiling water and two tablespoonsful of rice; cover and cook till tender. Take two large dried red peppers and remove the seeds. Pour over them one cup of boiling water and let stand for ten minutes, then pour into a sieve and press the pepper through with a spoon until the water is red and thick or if not thick enough for the consistency of thin sauce add a little flour. Season with salt and juice of onion. When meat is tender pour this sauce over it and serve very hot.

Pumping Plant, near Crowley, La., for irrigating Rice, Southern Pacific—Sunset Route.

STEWED RICE.

Put one-half ounce of butter into a pot, and fry in it until brown an onion sliced, then add one-half pint of soup stock or beef liquor, one-half cup of rice, pepper, salt and a bit of cayenne. Cover and stew for fifteen or twenty minutes or until the rice is tender. Stir frequently to keep from burning. Serve.

RICE STEW WITH CHEESE.

Prepare the above stew and when done add to it one ounce of grated cheese, stirring it thoroughly through the stew and serve Or the cheese may be sprinkled over the stew as it is served.

RICE AND MEAT.

Place in a double kettle a cup and one-half of new milk, teaspoonful of butter, half a teaspoonful salt and let it come to a boil. Add a cup of well washed rice, cover and boil half an hour. Remove the cover and add a teacupful of chicken picked from the bones or veal cut in small pieces, cover and cook again twenty minutes and serve hot.

BROILED BLACK BASS.

Clean two fish of about two pounds each. Divide them into two parts, lengthwise; place them on a dish and season with salt and pepper, and rub with a little oil or butter. Broil over hot coals, turning them two or three times, being careful that they broil evenly. Remove from the fire; place on a platter on which a bed of warm, boiled rice has been laid, and pour over it fish sauce.

FISH SAUCE.—Place the yolks of two eggs in a bowl; beat well with salt and pepper; then add, drop by drop, three tablespoonsful of olive oil, or the equivalent, in melted butter. Add to this little by little, and stirring, one tablespoonful of vinegar. Continue to stir, and add two tablespoonsful more of olive oil or butter; stir thoroughly, and pour over the fish and rice.

FISH WITH RICE.

Pick from the bones of cold boiled fish enough meat to make two cups full, season with salt, pepper and a little cayenne, and fry lightly with a tablespoonful of butter. Add one cupful of boiled rice, and yolks of four hard boiled eggs, mashed. Stir well, and place on a platter, and garnish with the whites and pickles chopped together.

SCALLOPED RICE.

One cup of codfish, picked up fine, (salt codfish should be soaked over night), one cup of boiled rice, two well-beaten eggs, three tablespoonsful of butter, and a little milk. Mix the eggs with the rice, and make a layer of it in the bake dish; over it sprinkle seasoning, and a layer of the codfish. Repeat and over the whole pour half a cup of milk mixed with the butter melted. Serve in the dish in which it is baked.

OYSTERS SCALLOPED IN RICE.

Butter lightly a round low basin. Press evenly but not too heavily into the bottom a layer of rice warm from the boiling. Over it lay two dozen oysters drained of their juice, rolled in cracker crumbs, dipped in eggs and rolled again. Lay them closely, put on a layer of rice, smooth over. Add a few spoonsful of the juice, scatter over bits of butter with salt and pepper, put in the oven and bake twenty minutes. The superiority of this way of scalloping oysters to that with bread crumbs will be apparent in the delicate flavor preserved and the increased digestibility.

SCALLOPED RICE.

Butter an earthen baking dish. In the bottom place a layer of rice No. 2, sprinkle with salt and pepper and over it put bits of butter, then a layer of cracker crumbs and sprinkle as before. Add alternate layers of rice and crumbs until the dish is two thirds full, cracker crumbs being last. Over this, just as placed in the oven, pour broth of beef, chicken or veal, or milk or hot water. A sprinkling of onion or parsley through the layers, if so desired, is an addition. Bake twenty or thirty minutes.

SALMON ON RICE.

Form freshly boiled rice into flat cakes, brown slightly in butter on both sides and place on a warmed platter, warm a can of salmon and dip over the rice, over this pour a white sauce into which has been stirred the whites of two hard boiled eggs cut in dice. Garnish with the yolks cut into slices.

FRIED CATFISH SERVED WITH RICE.

Clean and wash three pounds of catfish and cut into pieces three inches in length. Into the frying pan put two tablespoonsful of lard and when hot slice into it one onion and let brown. Rub over the fish salt, pepper and dredge with flour and fry fifteen minutes, turning occasionally. Take tablespoonful of freshly boiled rice and flatten into cakes on a platter and on each cake put a piece of the fried fish and over it pour a sauce made by taking fish sauce as above and adding to it three tablespoonsful of chopped onion and gherkins.

RICE AND CHICKEN CURRY.

Slice an onion and brown it with two tablespoonsful of butter or lard; when browned lift out the onion on a saucer. Into the kettle with the onioned butter put a chicken cut as for a fry or fricassee. Let this brown, stirring it for five minutes, then add a little parsley and a bay leaf chopped fine, and the fried onion. Let brown five minutes longer and pour over it enough boiling water to just cover. Add salt, pepper and a pinch of cayenne, cover closely and set it where it will simmer till tender. About ten minutes before serving take a scant tablespoonful each of curry powder and flour and mix with a little cold water until smooth. Add to the chicken and let boil for five minutes longer, stirring. Serve with rice (No. 3) border heaped around the curry.

RICE CURRY.

One can of tomatoes, six tablespoonsful of rice, one onion, salt, one saltspoonful of curry powder, white pepper and one tablespoonful of butter. Put the butter in a sauce pan, grate into it the onion, add the liquor of the tomatoes, rice, and seasoning (salt, pepper and curry powder). Simmer for about an hour on the back of the stove.

RICE CURRY WITH OYSTERS.

In the place of the tomatoes in the above recipe use two dozen oysters with their liquor. Add the oysters to the curried rice about ten minutes before serving and cook until the edges curl.

RICE CURRY WITH CRABS.

Prepare the crabs mincing the meat. Follow the recipe for "Rice Curry" adding boiling water in the place of the tomato liquor. Add the crab meat about fifteen minutes before serving.

RICE CURRY WITH CRAWFISH.

Substitute the meat of crawfish for that of crabs in the above recipe.

RICE CURRY WITH SHRIMP.

Substitute shrimps for crabs in the recipe for Rice Curry with Crabs.

CURRIED EGGS.

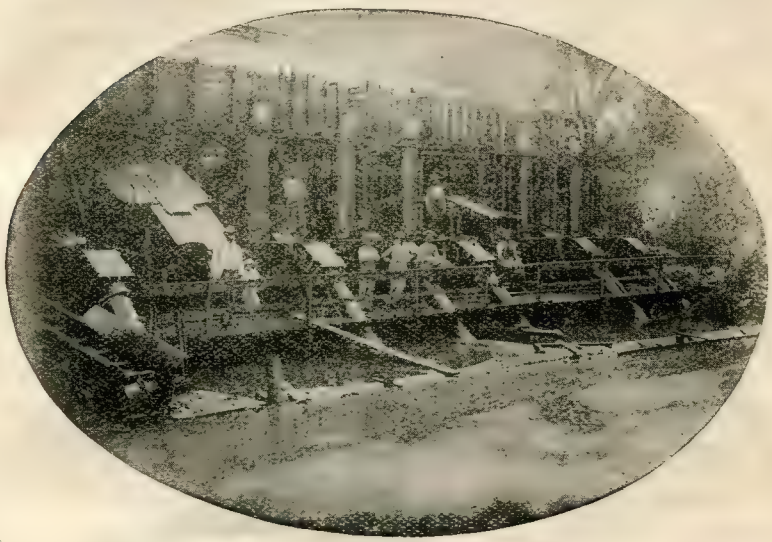
Boil hard eight or ten eggs. Put a tablespoonful of butter in a frying pan and slice into it two onions. When a nice brown add a tablespoonful of curry powder and one cup of stock, stew until the onions are tender, then stir in a cup of cream thickened with a little rice flour, simmer a few minutes and add the boiled eggs cut in slices. Pour over a bed of warm boiled rice, garnish with parsley and serve.

RICE EGG BALLS.

Boil hard five eggs, remove the shells and put through a potato ricer or a sieve, with an equal amount of boiled rice. Season with salt, pepper and butter. Make into balls and dip into raw egg, then in crumbs and fry in deep hot fat. Drain and place on small pieces of buttered toast and pour over the whole melted butter.

BAKED EGGS WITH HAM AND RICE.

Chop one cup of cold ham fine, and mix with it one cup of boiled rice, salt and pepper and one tablespoonful of butter. Put into buttered pattie pans, set them in a large pan and put into the oven till warm. Take out and break into each little dish one egg, sprinkle with salt and pepper, return to the oven and allow the whites to become firm, remove, place each dish on a small plate and serve.



Rice Irrigating Pumping Plant, Southern Pacific—Sunset Route.

SCALLOPED EGGS.

Butter well a bake dish and line with boiled rice. Over the rice slice a layer of cold hard boiled eggs. Sprinkle with salt, pepper and bits of butter, then make another layer of rice, then a layer of egg and seasoning and another layer of rice. Cover the top with buttered bread crumbs and moisten with a half cup of stock or milk and bake twenty minutes.

STUFFED EGGS.

Boil hard ten eggs. Cut into halves and remove the yolks. Put through a ricer with an equal amount of boiled rice. Season with one tablespoonful of butter, one-half cup of finely minced ham, pepper, salt and mustard and three tablespoonfuls of vinegar. Fill the halved whites and press together and place on fresh lettuce leaves.

EGG FRITTERS.

Cut hard boiled eggs in halves, remove the yolks and mash these into a paste, to which add one-half cup of finely minced ham or chicken and one-half cup of boiled rice, a little onion or parsley. Moisten with cream and refill the whites, place the halves together, roll in raw egg and crumbs and fry in deep hot fat. Serve with celery. A wire frying basket should be used that the halves stay firmly together.

RICE OMELET.

Beat separately three eggs, add to the yolks one-third cup of milk, one-half cup of rice, two tablespoonsful of butter, a little salt and pepper and lastly the whites. Cook over a gentle fire.

FRIED RICE.

Wash a cup of rice carefully through, into a saucepan of boiling water, and boil rapidly uncovered for half an hour; add salt at the last, then put into a colander, drain thoroughly, put colander on a plate and put into the oven to more thoroughly dry. Now press the rice one inch deep into a dish, put on a weight and allow to become cold. Cut into slices and dip alternately in crumbs and egg and cook brown in deep hot fat. Lay it on heated brown paper to drain. Serve with meat, gravy or syrup.

FRIED RICE.

Rice boiled in milk and flavored with orange or lemon, to it add sugar and milk. When cold cut in pieces, roll each piece in cracker crumbs, then in white of an egg, then in cracker crumbs and egg again and fry in hot lard.

FRIED RICE No. 2.

Boil a cup of rice in milk or water for half an hour. While warm stir in two eggs and a piece of butter. Make into rolls, roll alternately in cracker crumbs and whites of egg and fry in deep hot fat.

SPANISH FRIED RICE.

Brown a half cup of rice in hot drippings, add one onion, one tomato and a little garlic. Cover the whole with hot water, season with salt and pepper. Let the rice cook thoroughly, adding water as needed, but do not stir it.

RICE TORTILLAS.

Make a dough of one-half pint flour, one-half pint ground rice, one-half cup milk, one tablespoonful butter, a little salt. Knead it thoroughly. Take pieces and pat between the hand until it makes a large round, very thin cake. Bake on a griddle until brown.

BROWNED CURRY OF RICE.

Use the left-over of rice curry. Press it into a dish and let harden. Cut it into slices and fry in butter until a light brown.

RICE GOLDENROD.

Boil one-half a cup of rice in four of its measures of salted water until soft enough to mash between the finger and thumb. Take from the fire and while hot add two tablespoonsful of thick, sweet cream. Press enough of this rice into a mould to have it one inch thick and six inches across. It may be round or square but the round mould would be better. When cold turn out without breaking on to a plate or platter of the same shape. Pour over this a white sauce made as follows: Put a large tablespoonful of butter into a pan, add to it a large tablespoonful of flour and cook together, stirring for a

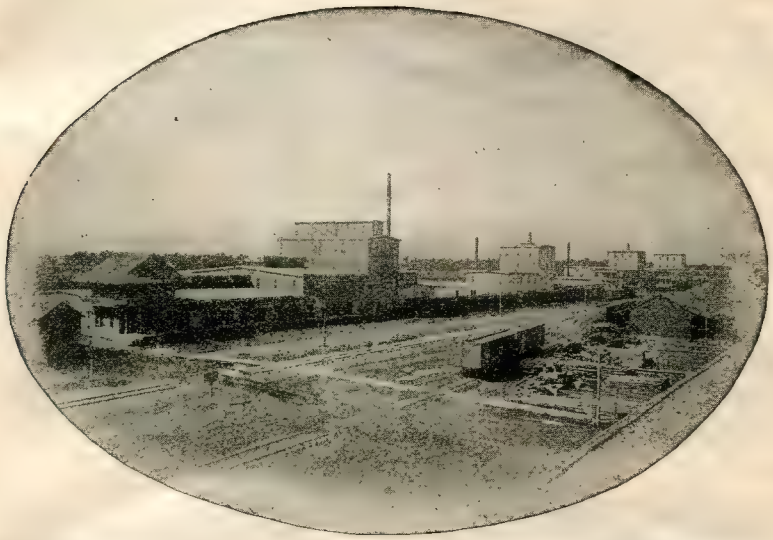
moment but not long enough to brown. Add a cup of good sweet milk, let it thicken and stir in the whites of two hard boiled eggs, cut into small bits. Pour this white sauce over the rice, grate the yolks or press them through a potato ricer and scatter lightly over the top of the sauce.

RICE AND TOASTED CHEESE.

Cut squares of cold boiled rice and fry in butter until a rich brown. Cut cheese into squares about half as large, hold on a fork to the fire and when softened place quickly on the square of fried rice. Serve immediately.

RICE CROQUETTES.

To one cup of rice No. 2, add two yolks of eggs, a pinch of salt, half a cup of flour in which one heaping teaspoonful of baking powder has been sifted two or three times. Mix well together and add enough milk to thin and lastly fold in the well beaten whites of the two eggs. When ready it should be a consistency to drop from a spoon easily. Have ready a pot of hot lard, drop in by the spoonful and turn very soon. When brown and cooked through take out on to brown paper or folded cheese cloth and serve in a folded square of linen.



A few of the Rice Mills at Crowley, La., on line Southern Pacific—Sunset Route.

SWEETENED RICE CROQUETTES.

To the above may be added a tablespoonful of sugar making a sweetened croquette, which is preferred by many.

RICE CROQUETTE.

One cup of boiled rice, one teaspoonful of melted butter, one egg beaten lightly, one teaspoonful of sugar and half as much salt, and enough milk to make it into a stiff paste. Flour hands and make the mixture into balls, dip into beaten egg and then into flour or cracker crumbs and fry in hot sweet lard. Drain on paper and serve.

RICE AND MEAT CROQUETTES.

One cupful boiled rice, one cup finely chopped meat of any kind, half a teaspoonful salt, a little pepper, a pinch of cayenne pepper, one tablespoonful butter, half a cup of milk and two eggs. Put the milk on to boil, add the meat, rice and seasoning, when it boils well, add the beaten egg, stir it one minute and let it cool. Shape into rolls, dip into white of egg and cracker crumbs and fry in deep fat.

FRUIT CROQUETTES.

Put one cup, of boiled rice No. 2 through a colander, add half a cup of flour in which a teaspoonful of baking powder has been sifted. Moisten and thoroughly incorporate with a beaten egg and milk enough to make it as thick as biscuit dough. Grease a plate and on it put a large spoonful of this mixture, spreading it to a half-inch in thickness. Upon this put any fresh fruit such as sliced apples, sliced peaches, cherries, or sliced pears, bring over the edges and pinch together. Lift on a ladle and roll alternately in egg and crumbs then drop in deep hot fat and fry about ten minutes or till fruit is done. Serve with powdered sugar and cream.

CALAIS.

Take one cup of boiled rice (No. 2), mash it fine and add half a cup of hot water to soften it. When cooled, add one cup of flour and half a cake of compressed yeast dissolved in half a cup of warm water and a teaspoonful of sugar. Set in a warm place over night. In the morning, beat three eggs thoroughly, add to the raised rice together with three teaspoonsful of sugar, a little salt and enough flour to mix to the thickness of gem batter. Let rise fifteen minutes and when ready to cook drop by spoonful into hot lard. Fry and serve as croquettes.

BAKED BANANAS AND RICE.

Place in a double kettle two cups of new milk and a teaspoonful of butter, a half teaspoonful salt and let it come to a boil. Now add gradually—stirring—a half cup of well warmed rice, cover closely, boil half an hour. Lay six ripe, large bananas into pie-pan, pour over them hot water until the bottom of the pan is well covered, and place them in a good steady oven and bake until soft (about fifteen minutes will do this). Take from the oven, pour off water if any, set back and dry off five minutes. Put a spoonful of the warm boiled rice on a plate, spread out a little and place on the top the baked banana from which the skin has just been removed, bend it into a neat circle on the rice drop a bit of good butter into the center and carry to the table, hot.

FRUIT AND RICE.

Instead of bananas in the foregoing receipt, any kind of fresh or canned fruit may be substituted, such as peaches, pears, plums, apricots, apples, fresh figs and all kinds of berries. The fruit may be used either fresh or stewed and if fresh the addition of sugar and cream helps very much with some kinds.

BANANA FRITTERS.

Take one cup rice flour and one-half cup wheat flour, one coffee cup milk, one egg, half a teaspoonful salt, one and one-half teaspoonsful of baking powder. Beat together the flour, half the milk and the yolk of the egg, salt and baking powder. Beat rapidly and well, whipping over and over (not merely stirring), and lastly fold in the beaten whites. Take up a spoonful, insert into it six slices of banana, cut across, close the incision, drop into hot lard and fry to a delicate brown, five to ten minutes.

PEACH FRITTERS.

Make batter as above and use sliced peaches in place of bananas.

FRUIT FRITTERS.

A dozen kinds of fruit fritters may be evolved from this receipt by a little practice in covering the fruit. They may be eaten with sugar and cream, maple syrup or any made sauce.

RICE FRITTERS.

One cup boiled rice, one cup flour, one cup milk, three eggs, butter half the size of an egg. Place teaspoonful of lard in the skillet, drop into it the mixture, being careful to keep each separate. Turn with a griddle cake shovel and serve with maple syrup.

PEARS WITH RICE.

Pare and quarter eight medium sized pears. Put in a porcelain sauce-pan with water enough to nearly cover and cook until tender. Remove to a platter and add sugar to the juice in the proportion of a pound of sugar to a pint of juice. Add the juice of a lemon with the grated rind. Slip the pears in carefully and boil five minutes to sweeten the pears through. Skim from the syrup and lay on a bed of rice cooked as per No. 1. Flatten while warm into a low salad dish or gelatine mold. Have a half box of gelatine soaked twenty minutes in a little cold water, then add enough hot syrup to make a pint of the liquor. Stir and boil five minutes, cool a little and pour over the rice and fruit and let harden. Set the dish in hot water an instant, turn on to a plate and serve with whipped cream.

RICE—"Toad in the Hole."

Boil one cup of rice as in No. 1, remove from boiler and place in a baking dish with one pint of sweet milk and one small cupful of sugar. Add a good pinch of salt and cinnamon if liked. Have six apples peeled and sliced, lay them in the rice, sprinkle sugar over them and bake until the apples are tender.

RICE SNOWBALLS.

One cup of rice boiled and cooled. Whites of three eggs. Three spoonsful of sugar and one teaspoonful of melted butter. Mix thoroughly and form into balls. Set on to a flat low dish, place in the oven and bake without browning, about ten minutes. Pour over this whites of three eggs beaten dry, to which three teaspoonsful of pulverized sugar and half a teaspoonful of lemon extract are added. Set in a cool oven to just dry and not brown and serve with whipped cream.

RICE SNOWBALLS.

Boil six ounces of rice in one quart of milk with sugar and a flavoring of almond until the rice is tender, adding a little more milk, should it dry away too much. When the rice is soft put it into teacups and let it remain till cool, then turn it out into a deep glass dish, pour over it a pint of custard and on the top of each ball place a bright colored piece of jelly. The custard should be made with the whites of eggs and seasoned with almond.

FRUIT RICE BALLS.

Into a double kettle put a pint of fresh milk and let it come to a boil, when it boils stir into it half a cup of washed and dried rice, half a teaspoonful of salt, cover and let it boil fifteen minutes. Seed a half cup of raisins, wash and dry a half cup of currants, cut in thin slices citron enough to make a half cup, beat one egg with the yolk of one more with one-fourth of a cup of sugar. At the end of the fifteen minutes add the fruit to the rice and cook ten minutes longer. Just before taking from the fire add the beaten eggs, let stand five minutes and turn upon a flat dish. Press out to about two inches thickness, cut into cakes with a biscuit cutter, roll in beaten eggs, then in bread crumbs and fry in hot sweet lard. Serve with cream or any sauce.

RICE SNOWBALLS.

Boil or steam the rice, adding salt. Do not stir when cooking. When done wet a small cup in cold water, fill half full with the rice and set away to cool. Turn into a saucer, put a teaspoonful of jam or jelly on the top, currant or cranberry preferred. Serve with cream custard or cream and sugar. These snowballs look pretty, are good and easily made.

RICE POLISH.

Rice Polish is the delicate, outer coating of the rice kernel, which is removed in the form of flour under the polishing process. It contains on an average—water 10.0, ash 6.7, protein 11.7, fiber 6.3, nitrogen free extract 58.0, fat 7.3.

This shows that it is rich in material for repairing the tissues of the body and for imparting heat and energy. It possesses high flavor and is easily digested. It is a superlative food for the human family. Observe carefully the following receipts and there will be added to the breakfast and dinner menu some most delicious and nutritive food

Rice irrigating Flume, Southern Pacific—Sunset Route.

RICE POLISH GEMS (No. 1.)

Separate an egg and beat the yolk until light. Then add one cup of butter milk or one cup of sour milk (if sour milk is used add more butter.) Stir into the milk a teaspoonful of soda and half a teaspoonful of salt. Beat and add one cupful of sifted rice polish. Beat until thoroughly incorporated, then fold in the beaten whites of the eggs. Bake in heated gem pans fifteen minutes.

RICE POLISH GEMS (No. 2.)

Same as above only add sugar to make a sweetened gem.

RICE POLISH GEMS (No. 3.)

Separate one egg, put the yolk into a bowl, beat until light. Add one cupful of sweet milk and a saltspoonful of salt. Sift one cup of rice polish, stir into it one and one-half teaspoonful of baking-powder and stir into the mixture. Fold the beaten whites in lightly and drop into heated gem pans. Bake fifteen minutes. These may also be sweetened if preferred.

RICE POLISH BREAD.

Two cups of butter milk or sour milk. Into this stir one and one-half teaspoonsful of soda and a saltspoonful of salt. Then add two cupsful of sifted rice polish and a large teaspoonful of melted butter. Beat two minutes and pour into a buttered tin can or pail having a tight cover. Set into boiling water and boil continuously for two hours. Always replenish the kettle with boiling water. This comes out a rich brown loaf.

RICE POLISH STEAMED BREAD.

Into two cups of buttermilk or sour milk stir one and one-half teaspoonsful of soda with a heaping saltspoonful of salt and a tablespoonful of sugar. Then add two cupsful of rice polish, a teaspoonful of melted butter (using more if sour milk is used) and a cup of washed and dried currants or any other fruit, cherries being preferred. Thoroughly mix and pour into a well buttered can or pail which has a tight cover. Set in boiling water and boil continuously for two hours. Add boiling water to the kettle as needed. Serve with Fairy Butter.

FAIRY BUTTER.

Cream very thoroughly one teaspoonful of butter with one-half cup of sugar and season with lemon.

RICE POLISH GRIDDLE CAKES.

Into a mixing bowl put two yolks of eggs and beat. Add two cupsful of butter milk into which one and one-half teaspoonsful of soda has been stirred and a heaping teaspoonful of salt and a tablespoonful of melted butter. Thicken with one cupful of rice polish and half a cupful of wheat flour sifted together. Lastly fold in the stiffly beaten whites. Serve with maple syrup.

RICE WAFFLES.

One cup of cold boiled rice No. 2, pressed through a sieve. One cup of flour, half a teaspoonful of salt, tablespoonful of sugar, teaspoonful and a half of baking powder, two eggs, heaping teaspoonful of butter and sweet milk enough to bind. First rub the butter into the sugar, sift together flour, salt and baking powder; add to the sugar and butter, then add the yolks of eggs and the rice, thin this with milk to the consistency of cake batter, fold into it the beaten whites of the eggs. Have waffle irons hot and carefully greased, fill two-thirds full, close, and turn when brown.

RICE GRIDDLE CAKES.

Put two cupsful of boiled rice through a sieve. Sift together one pint of flour, one half teaspoonful of salt, one teaspoonful of sugar and one and one-half teaspoonful of baking powder. Add the rice, the beaten yolk of two eggs and milk to make a smooth batter. Lastly, fold in the whites of the eggs. Have griddle hot, make cakes rather large, brown and serve with maple sugar.

RICE MUFFINS WITH EGGS.

Dilute two cupsful of cold boiled rice stirred free from lumps with half a pint of milk, tablespoonful of melted butter, yolks of three eggs. Sift together

one pint of flour, one tablespoonful of sugar, one-half teaspoonful of salt and one and one-half teaspoonful of baking powder. Add to the rice preparation and mix in to a smooth, rather firm batter. Fold the beaten whites of the eggs carefully in and bake in muffin or gem pans fifteen minutes.

RICE PATTIES.

Mix thoroughly with of cup of cold boiled rice, two level tablespoonsful of flour. Add a cup of boiling milk and cook until it thickens, stirring constantly. Then add a teaspoonful of butter, a pinch of salt, a little nutmeg and two eggs, first the yolks and then the well beaten whites. Cook all together a few minutes, then drop into greased gem pans and bake in a moderate oven until brown.

RICE GEMS.

A pint of buttermilk or sour milk, one egg, a teaspoonful of soda (or more if the milk is quite sour) a little sugar if desired, half teaspoonful of salt. Mix one-third wheat flour with two-thirds rice meal and beat into the milk and egg enough to make it the consistency of graham gems. Drop into the heated gem pans and bake about fifteen minutes.

RICE GRIDDLE CAKES.

Boil a cup of rice, when cold mix thoroughly with one pint sweet milk, the yolks of four eggs and flour sufficient to make a stiff batter. Add one tablespoonful of melted butter. Stir in one teaspoonful of soda and two of cream of tartar and a little salt, fold in the beaten whites of the eggs and fry on a griddle. A nice way to serve is to butter them, cover with preserve or jelly, roll them up, sprinkle with sugar and serve hot.

RICE FLOUR MUFFINS.

One and one-half cups of rice flour, two cups wheat flour, a little salt, one and one-half tablespoonsful of baking powder; sift these thoroughly together and add one pint of sweet milk and a little butter, and one well beaten egg. Bake in muffin rings or gem pans.

RICE POP-OVERS.

Scald one pint of sweet milk and stir into it one cup of rice meal, a tablespoonful of butter and a little salt. Beat thoroughly and add three well beaten eggs and bake in a hot oven twenty minutes.

RICE ROLLS.

Into one pint of scalded milk stir one pint of ground rice, two tablespoonsful of sugar and one teaspoonful of salt; let cook ten minutes, then cool. Add three well beaten eggs and bake in gem pans.

RICE WAFERS.

Put one cup of boiled rice through a sieve and mix with it one cup of sifted flour, white of one egg, saltspoon of salt, one tablespoonful of lard or butter and enough sweet milk to make a biscuit dough. Put on moulding board and beat with rolling pin for twenty minutes. Take a small piece of the dough, roll between the hands and then roll out with rolling pin as thin as possible, flour and place in tins and bake to a light brown.

CORN AND RICE CAKES.

One pint of white corn meal, one teaspoonful of salt, one tablespoonful of flour. One cupful of cold boiled rice, one egg well beaten, one pint sweet milk, one tablespoonful of butter and two heaping teaspoonsful of baking powder. Bake in gem pans twenty minutes.

GROUND RICE MUFFINS.

Take one quart of ground rice, add to it one ounce of butter, one teaspoonful of sugar and a little salt. Pour on enough boiling water to moisten all the meal, stirring all the time. Cool and add yolks of three well beaten eggs, then enough sweet milk to form a batter, beating thoroughly; add one tablespoonful of baking powder, moisten with a little water and lastly, fold in the whites of the eggs well beaten. Bake in muffin or gem pans in a quick oven.

TOMATOES STUFFED WITH RICE.

Take large smooth tomatoes, cut out of the stem end a piece as large as a dollar. With a spoon scoop out the inside, not too deep and fill this cavity with the following: One-half cup rice, boiled No. 2; one-half cup cold chicken chopped very fine; a tablespoonful of onions, fried in a teaspoonful of butter; and a little parsley. Bind these with a well beaten egg; season with salt and pepper and bake in an oven twenty minutes. Boil pork chops nicely; place on a hot platter and arrange the stuffed tomatoes around the outside. Pour over the gravy from both dishes and serve at once.

Threshing Rice on line Southern Pacific—Sunset Route.

RICED SHRIMP.

Boil rice as per No. 2. While still warm press into cups two-thirds full. When cold remove from cup; dip into beaten yolks of eggs and then in bread crumbs; place these on a baking tin and let brown in a hot oven. Fry a minced onion in a tablespoonful of butter, when lightly brown add a heaping tablespoonful of flour, brown and add a pint of milk, stir until thickened and season with salt and pepper. Place the egged rice ball on a deep platter. Add (scattering them around the balls) a cupful of shrimp already cooked and cleaned or can of the prepared shrimp made hot. Pour over them the gravy and serve.

RICE AND PEAS.

Boil one cup of rice as per No. 2 and boil twice the measure of peas with one-half pound of salt pork until tender but not broken, Add the rice to the peas, and there must be water enough to have them mix nicely, now add one-half cup of finely minced ham; a teaspoonful of grated onion and a tablespoonful of butter, simmer a few moments and serve.

RICE POLENTA.

Boil one cup of rice in three cups of water till tender. Put through a colander and put into a saucepan. Add one tablespoonful each of molasses, butter, vinegar, one teaspoonful of mustard, a little onion juice, salt and pepper. Cook ten minutes and serve as a vegetable.

RICE TOMATO SALAD.

The following is a very attractive salad. Soak a half box of gelatin half an hour in half a cup of cold water, then pour on to it enough boiling water to make a pint of liquid. Set on the stove and cook five minutes. Season with salt, pepper, cayenne, celery salt and a little curry if liked. Take out one-half the gelatin liquid and into the remainder put six fresh tomatoes cut into quarters and drained of their juice, or their equivalent in canned tomatoes. Cook five minutes. Have ready six teacups buttered. In each cup put a few pieces of boiled rice No. 1, between and around put the cooked tomatoes, and pour on a little of the clear gelatin. When set put on more rice, tomatoes and fill two-thirds full with the liquid gelatin. Put on to ice. When ready to serve run a sharp knife around the edge, set the cup into hot water an instant and turn on to a crisp lettuce leaf. Ornament with a bit of celery and dip on to it a spoonful of rather firm mayonnaise.

"TREMBLY TRUCK."—A RICE SALAD.

Soak an ounce of gelatin in a cup of cold water half an hour. Pour over it enough boiling water to make a pint and a half of liquid. Season with salt pepper, celery salt, a pinch of cayenne and a pod of red sweet pepper chopped fine. Butter a square tin and lay lightly over the bottom bits of cold rice, between and around the rice scatter small pieces of meat from a very thoroughly cooked soup meat or any other tender meat or chicken or fish. Over the whole add a few olives cut from the stone. Now pour over this a little of the seasoned gelatin, set on ice, keeping the rest of the gelatin where it is just warm. When the gelatin over the rice is set pour over it the remaining gelatin and put on ice until needed for use. Cut the salad into two inch squares and lay on to pieces of endive or water-cress and serve with mayonnaise.

CUSTARD PUDDING.

Mix together one cup of cooked rice, four well beaten eggs, one small cup of sugar, a pinch of salt and a little grated nutmeg. Add two cups of milk, let it get hot on top of the stove, then bake in a moderate oven till firm. Make a meringue with the whites of two eggs and two tablespoonsful white sugar and spread over the top, brown in the oven.

GERMAN RICE PUDDING.

Pick over and wash one half cup of rice and cook it in one cup of boiling water until the water is absorbed. Then turn it into three cups of hot milk in the double boiler and cook until very tender. It will not absorb all the milk but that is to be thickened later with an egg. Stir in one level teaspoonful of salt and two level tablespoonsful butter. Beat one egg light, with two tablespoonsful sugar, and stir this into the hot rice just as you take it from the fire. When well mixed and the egg has a cooked appearance turn it into the dish for serving. A glass dish is best. Mix two or more tablespoonsful of sugar and one scant level teaspoonful cinnamon, less if very strong.

sprinkle this very evenly over the top, put on one heaping tablespoonful butter in little bits, and by the time you are ready for desert, the sugar, spice and butter will have melted sufficiently to form a delicious brown sauce over the surface of the rice.

RICE CREAM PUDDING.

One-fourth pound of rice, one pint of milk, pinch of salt, sugar, vanilla and cream. Gelatin. Soak the rice in cold water for several hours. Strain off the water and boil the rice until soft in the milk. While cooling a little, dissolve one tablespoonful of gelatin, add to the rice, also a little vanilla (preferred the dry vanilla sticks). Add also a little salt and sugar to taste. At last add one half pint Charlotte cream, beaten stiff. Put in a cool place and serve with fruit sauce.

RICE PUDDING WITH APRICOTS.

Three-fourths of a pound of rice, one-fourth pound of butter, one-fourth pound of sugar, one and three-fourths quarts milk, eight eggs, apricots and vanilla. The rice bring to a boil with water and strain. Then boil it slowly soft in the milk, butter, sugar and a piece of a vanilla stick. After cooling a little, add the yolks of the eggs and at last the whites beaten to a stiff frost. Put in a dish one layer of the mixture to one layer of stewed apricots until dish is filled up and bake for one hour.

RICE PUDDING.

One-half pound of rice, one-fourth pound of butter, eight eggs, one-fourth pound sugar, peel of a lemon grated, a little fine cinnamon, one-half cup bread crumbs, one-fourth pound of washed and seeded raisins, one quart milk. Boil rice in water for a few minutes and strain. Put into the boiling milk and cook till soft without stirring. Then stir butter to a cream, add yolks of eggs, sugar, spices, bread crumbs, raisins and the cooled rice; at last the stiff whites of the eggs. Bake one hour and serve with fruit or wine sauce.

STEAMED RICE PUDDING No. 1.

One cup sour cream; one cup butter milk; one cup of cooked rice; salt; one and one-half teaspoonsful soda; fruit to taste. Add a little rice flour to make it as thick as griddle cakes. Pour it into a well buttered pail having a close cover, place in a kettle of boiling water, boil without stopping two hours. Serve with made sauce.

STEAMED RICE PUDDING No. 2.

Two cups of milk, two tablespoonsful of butter, two eggs, one cup of rice cooked and pressed through a sieve, one teaspoonful of soda, two teaspoonsful of Cream of Tartar, two pints of flour and a little salt. Add to these a quart of stoned cherries. Put in a tight covered pail which has been buttered and boil two hours in water.

STEAMED RICE PUDDING No. 3.

One cup finely chopped salt pork; one small cup sugar; one large cup sour milk; any kind of fruit, as raisins, dried apricots, sliced apples, etc. Stir stiff with rice flour, pour into a closely covered pail, and steam two hours. Serve with made sauce.

MADE SAUCE FOR ABOVE.

One-half cup butter; one-half cup sugar; half a cup of water; a tablespoonful of flour, and any kind of extract. Boil well.

RICE WITH APPLES.

Boil a cup of rice and a pint of milk until the rice is tender. Take from the fire and cool. Beat three eggs and mix with the rice, adding one teaspoonful of butter, a little salt and flavoring as desired. Have a square of folded

cheese cloth, thoroughly butter and flour one side, take up the corners and into it pour the mixture, tie loosely and put in boiling water. Boil one hour. Turn out on a platter and lay baked apples around the rice ball; garnish with sliced lemon.

MERINGUE OF RICE.

Put a cupful of rice into a pint of boiling water and when dry add a pint of milk, a piece of butter size of an egg and four eggs, and the grated rine of a lemon. Butter a pudding dish, pour in the mixture and bake until it sets. Beat the whites until dry, add half a cup of sugar and two tablespoonsful of lemon juice. When pudding is done spread on the frosting and brown lightly on top.

RICE PUDDING No. 1.

Half a cup of rice and one and one-half pints of milk, half cup of sugar, large pinch of salt, grated lemon rind. Wash and pick the rice, put with sugar, salt and milk in a pudding dish and bake two hours, stirring frequently the first hour and one-half, then allow to finish forming a light crust over the top. Serve cold with cream.

Rice En Route to Market, Crowley, La., on line Southern Pacific—Sunset Route.

RICE PUDDING No. 2.

One cup rice, one quart of milk, five eggs, one tablespoonful of butter, one cup of sugar, saltspoon of salt. Boil rice in one pint of milk till tender, remove from fire, add eggs, sugar, salt and milk beaten together. Stir into the rice, pour into a pudding dish—break the butter into pieces over the surface and bake thirty minutes. Serve with sauce.

RICE PUDDING No. 3.

One-half cupful of rice and one pint of milk. Four apples pared, cored and stewed, one-half cup of sugar and four eggs. Boil the rice in the milk until tender, then beat into it thoroughly the apple sauce and sugar and let it cool. When cool fold in the beaten whites, pour into a buttered mold and steam for twenty minutes. Let it cool slightly, turn out into dish and garnish with jelly.

RICE PUDDING No. 4.

One pint milk, with two tablespoonsful of rice; let them come to a boil, stir in two tablespoonsful of sugar, half a cup of seeded raisins, a lump of butter, flavor with cinnamon and bake till thick.

GROUND RICE PUDDING.

One quart of milk, five eggs, two lemons, two tablespoonsful of butter, four tablespoonsful of ground rice and a little salt. Heat the milk, stir in the rice and boil until very tender. Stir in butter, sugar, eggs, lemon juice and grated rind. If not smooth pass through a sieve. Bake half an hour.

RICE PUDDING WITHOUT EGGS.

Put into a well buttered pan half a pound of rice well washed, pour over it three pints cold milk, sweeten and flavor to taste, put a little butter and nutmeg over the top. Bake two and one-half hour in a slow oven. Much of the success of this pudding depends on the baking. (Old recipes.)

BAVARIAN RICE.

Put in a double boiler one and one-half pints of milk, with a few thin slices of lemon rind. Let it come to a boil and then stir in one-half cup of well washed rice. Cook until the rice is tender and moist. Mix in one-half cup of sugar and gelatine prepared as follows: soak one-fourth box of gelatine in one cup of water for one hour and then melt over hot water. When the rice, sugar and gelatine are partially cool, flavor with four tablespoonsful of orange juice or sherry as preferred and one-half pint whipped cream. Pour into a mold. Serve with orange jelly or whipped cream.

RICE FLUMMERY.

Pound half an ounce of bitter almonds and mix with it the grated rind of half a lemon. Add this to a quart of new milk with a quarter of a pound of sugar and lastly a quarter-pound of ground rice. Boil for a little over ten minutes stirring constantly. Pour into a mold and serve cold.

CHOCOLATE RICE PUDDING.

One quart of sweet milk; three ounces grated chocolate; one cup of warm boiled rice; one cup of sugar; yolks of four eggs. Scald together the milk and chocolate, let cool, then add to the rice with the eggs and sugar and bake. When done spread the well beaten whites and four tablespoonsful of sugar over the top and brown. Serve with whipped cream.

BOILED RICE PUDDING.

Wash one cup of rice, tie loosely in a cloth and put in a saucepan of cold water. Boil one hour, take out, untie and stir in a pint of any fresh fruit, currants or raisins, tie up again and boil another hour. Serve with cream and sugar.

RICE SOUFFLE.

Mix in a saucepan one cup of rice, one tablespoonful of butter, one-half cup of sugar, one pint milk, rind of a lemon and vanilla. Cook slowly for ten minutes, lifting meanwhile the rice with a fork to keep off the bottom. Put on back of range and add while stirring three well beaten eggs and one tablespoonful of baking powder. Pour into a buttered mould and bake in a moderate oven one-half hour. Serve with powdered sugar sprinkled over.

SPANISH RICE.

One bottle white wine, half pound best rice, grated peel of one lemon, about eleven ounces of sugar, the juice of two lemons and half a pint of Arrac. Wash rice and boil in water until soft and thick. Then let the wine, sugar and lemon get hot and boil the rice in this for a few minutes. Mix in the Arrac and put aside to cool. Before serving stir with a large salad fork, put into dishes and decorate with jelly.

RICE JELLY.

One pound of rice, one pound cube sugar, on which rub the yellow part of one lemon, juice of two lemons and one wine glassful of fine Arrac. Wash the rice well and put on to boil with five and one-half quarts of water. Let boil from the time it begins to one and one-half hours without stirring. Wet the lemon with cold water, let boil till clear, add lemon juice and strain rice water into it. Take off the fire and add the Arrac. Serve with fruit or wine sauce. As it takes quite a time for this pudding to settle, it is better to make it the day before it is to be eaten.

FRUIT BALLS.

Spread warm boiled rice, one-half an inch thick on a floured molding board. Have ready a half-dozen fresh peaches peeled, halved and stoned or the same quantity of canned peaches drained. Put two halves together and cut the rice in pieces just large enough to wrap around them. Press into shape with the hands, roll in flour and wrap each ball in a cloth which has been buttered and floured. Tie carefully in shape and boil half an hour in plenty of water. (A perforated tin should be placed in the bottom.) When done carefully remove the cloths without breaking the balls and serve with any hot sauce.

RICE ORANGE DESSERT.

Soak half a cup of gelatine in half a cup of cold water twenty minutes. Pour over it one cupful of boiling water, put on the range and let it come to a boil, adding a cupful of sugar and a tablespoonful of lemon juice, as that adds a zest to the orange flavor. Strain the gelatine but there is no need of clerifying it. Peel and remove all the white from an orange and cut it into slices. Remove the seeds, if any, and having lightly buttered a mold or large bowl, place the orange around the inside and bottom not too closely together. Around and between these put rice, cooked so that the grains are separate, pour over this a little of the gelatine at a time and let it set, keeping the remaining gelatine warm so that it will not set. Gradually fill the bowl with sliced orange, rice and gelatine. When the bowl is full place on ice. When ready to serve turn out on a plate and garnish with the leaves and flowers of nasturtiums.

RICE BLANC-MANGE.

Three tablespoonsful of rice flour mixed with a little cold milk and one pint of milk. Stir well together and add three-fourths of a cup of sugar, the grated rind of a lemon and one-half teaspoonful of vanilla. Place on the fire and boil till it thickens (stirring constantly) then pour into moulds and allow it to cool. Turn on to dish and serve with whipped cream.

CHOCOLATE RICE BLANC-MANGE.

Soak one-half box of gelatine in one cup of cold water till desolved. Boil one quart of milk, one cup of sugar, one-half cup of grated sweet chocolate and one cup of boiled rice together five minutes, then add gelatine and boil five minutes longer, stirring constantly. Pour in moulds, cool and turn on to dish. Serve with cream.

APPLE RICE CHARLOTTE

Soak one-third box of gelatine in one-third cup of water one hour. Then add one-half cup of boiling water and stir until dissolved. Add one cupful of sugar, juice of one lemon and one cup of apple sauce which has been put through a sieve. Place dish in a basin of ice water and beat until it begins to thicken, then add beaten white of three eggs. Line a mould with rice which has been boiled in milk, pour over the beaten apple and set in a cool place. Make a custard of the three yolks, one pint of milk, three tablespoonsful of sugar and pour over

STRAWBERRY CHARLOTTE.

Soak one-third box of gelatine in a half-cup of water for one hour, then dissolve in one cup of boiling water. When it becomes cool but not set, pour into a mould lined with fresh strawberries. Then fill the center with boiled rice and set away to cool. Turn on to a dish and serve with whipped cream.

RICE CHOCOLATE.

One-half ounce of gelatine in one cup cold milk; let stand one hour. Three ounces grated chocolate in a pint of boiling milk. When chocolate is boiling pour it on to the gelatine, not gelatine on chocolate. Stir until gelatine is dissolved. Add one teacupful sugar, the whites of four eggs beaten, and vanilla. Let stand until nearly cold, whisk to a froth and pour over cold rice cooked as per No. 3, and place on ice until ready to serve.

RICE BLANC-MANGE.

Boil one-half a cup of rice in a quart of milk for half an hour. Pour into a colander and press lightly so that all the milk of rice is saved. Set it over the fire in a farina kettle. Dissolve one ounce of gelatine in a little milk and when the riced milk is ready to boil pour into it the gelatined milk; let it dissolve, then add one-half cup of sugar, the whites of four eggs beaten; flavor with vanilla, stir all for a minute and put into a mould to harden. Eat with sugar and cream.

Rice Wagons at Station, Jennings, La., on line Southern Pacific—Sunset Route.

RICE CUSTARD PIE.

To a pint of hot sweet milk and three tablespoonsful of rice flour wet with three tablespoonsful of cold milk. Add a cup of sugar (less if desired) and let thicken. Remove from the fire and add while hot the beaten yolks of three eggs and a pinch of salt. Flavor with extract. Pour this when cooled a little into a baked pie paste and over it heap a meringue made with the whites of three eggs beaten dry, a little pulverized sugar being added and flavoring. Set in a hot oven a moment to brown.

RICE PIE.

With good paste line a deep pie pan, boil a half cup of rice in half a pint of mik and water until very soft and rub through a sieve. Add half a pint of cream, three beaten eggs, a pinch of salt and a cup of sugar. Pour into the paste lined tins and bake twenty minutes.

CUSTARD RICE PIES.

To one-half cup boiled rice pressed through a sieve add one-half cup granulated sugar and stir into two cups of boiling milk and simmer five minutes and set aside to cool. When cool add a pinch of salt and two well beaten eggs; pour the mixture into a pie pan lined with paste and bake until the custard is firm.

RICE AND SWEET POTATO PIE.

Boil two sweet potatoes and while warm rub through a sieve. Add to this one cup of sugar, a tablespoonful of butter, a teaspoonful of ginger, a pinch of salt and half a cup of boiled rice mashed fine. Stir all well together and add one cup sweet cream and the beaten yolks of three eggs. Line a deep pie pan with paste, pour into it the mixture and bake till set. Make a meringue of the beaten whites of the three eggs with two tablespoonsful of granulated sugar. Brown slightly.

RICE AND IRISH POTATO PIE.

In the above recipe substitute the mashed Irish potatoes for sweet potatoes

RICE LEMON PIE.

Cup sugar, yolks of three eggs, one tablespoonful butter three tablespoonsful of sweet milk, two tablespoonsful of boiled rice mashed fine, grated rind and juice of one lemon. Beat all together pour into lined pie pan and bake. When done spread with meringue of whites and sugar, and brown.

RICE RASPBERRY OR HUCKLEBERRY PIE.

Raspberry or huckleberry pie very much improved if one-half cup of cold boiled rice is mixed with the fruit before putting into the crust. *In fact the addition of rice to all berry and fruit pies makes them much more dainty to serve.* It does not destroy the flavor but absorbs some of the juice, keeping it from soaking into the lower crust.

RICE ORANGE PIE.

Pass half a cup of freshly boiled rice through a sieve, beat into it tablespoonful of butter and a cup of granulated sugar. Add to this a cup of boiling water and cook long enough to thicken, stirring constantly, add grated rind of an orange and its juice and a beaten egg. Line a pie pan with paste being careful to make small incisions to prevent blistering; bake until just done; then fill with the custard and a few orange slices and sprinkle with powdered sugar or covered with a meringue. Bake slightly.

RICE MOLASSES PIE.

Stir into a cup and one-half of New Orleans molasses one teaspoonful of soda until white, add one-half cup of finely mashed boiled rice, a cup of sour cream and a tablespoonful of butter, three well beaten eggs. Bake with two crusts. This is sufficient for two pies.

RICE PUMPKIN PIE.

To prepare pumpkin: Pare and cut into inch pieces an ordinary sized pumpkin of which there should be about four quarts of the pieces. Put in a deep kettle with one cup of water, cover very closely and stew until the pumpkin is soft. Remove the cover stir frequently letting the moisture evaporate pulling the pulp to one side to hasten evaporation. Rub through a sieve and put in a cool place until ready to use.

One tablespoonful of rice pressed through a sieve, three tablespoonsful of pumpkin pulp, one and one-quarter cup of milk, one egg beaten, one tablespoonful each of butter, sugar and ginger. Put into a stew pan and cook ten minutes stirring constantly. Bake in a deep pie pan using lower crust only. Cinnamon and nut-meg may be added if desired but these were never added by the old New England house-wife.

RICE COCOANUT PIE.

One pint of milk, one-half cup of cocoanut, one-half cup of rice flour, three eggs. Grate the cocoanut, add the sugar and rice flour then the yolks, stir in the milk and a tablespoonful of butter and a little lemon extract. Pour into crust and bake. Make meringue of the eggs with sugar and pour over the top and brown lightly.

RICE CHOCOLATE PIE.

One quart of milk, yolks of two eggs, four tablespoonsful of boiled rice put through a sieve, two squares of chocolate melted, and one cup of sugar. Scald the milk in a double kettle add the eggs, rice, chocolate and sugar and stir until thickened slightly. Bake in under crust and cover with meringue.

RICE COTTAGE CHEESE PIE.

One tablespoonful of rice flour, one tablespoonful of butter, one cup of cottage cheese, one cup of boiled rice, six tablespoonsful of sugar and four eggs. Mix the butter and flour to a paste, add the cheese, rice and sugar, lastly stir in the beaten eggs. Flavor with cinnamon and bake in under crust.

RICE RAISIN PIE.

Boil one cup of raisins and one cup of water five minutes then add three tablespoonsful of boiled rice, and one cup of sugar. Boil another five minutes stir in a tablespoonful of butter and bake in two crusts; or soak the raisins in a cup of cold water for an hour, pour off the water add to one and one-half cups of sour milk then add one cup of sugar, one beaten egg, one teaspoonful each of cinnamon and cloves and bake in two crusts.

RICE SPONGE CAKE.

Four eggs, leaving out the white of one, two cups of sugar, three cups of rice flour, three-fourths cup of boiling water, saltspoon salt, one and one-half teaspoons baking powder; cream, sugar and yolks together, add boiling water and flour (into which the baking powder and salt have been thoroughly sifted). Flavor with half teaspoon vanilla. Put into square tin, bake thirty minutes. Frost while warm.

RICE POUND CAKE.

One pound rice flour, half pound of butter, one pound of sugar, ten eggs, the juice of one lemon. Cream the butter and sugar together, add the yolks well beaten, with the lemon juice, then add gradually the flour (into which three teaspoons baking powder has been thoroughly sifted). Lastly fold in the whites, beaten till dry. Bake in a moderate oven for the first half hour, then gradually increase the heat. Bake one hour.

RICE CAKE.

One and one fourth cups rice flour, a little salt, two teaspoons baking powder. Sift these together three times. One and one-half cups sugar, one-half cup butter, six eggs (beaten separately) and the juice and rind of one

lemon. Beat the butter to a cream, beat in gradually the sugar, and add the lemon. Then add yolk and sifted dry ingredients alternately, lastly, fold in the whites. Pour into shallow pans and bake thirty minutes.

RICE PATTIE CAKES.

One-half cup of butter, two cups of sugar, three cups rice flour, two teaspoons baking powder, four eggs, half cup sweet cream, one teaspoon lemon extract. Beat together the yolks of eggs and sugar, add the warm butter, sift together the dry ingredients, then add them to the eggs and sugar; add also the cream and extract, whipped together, and lastly fold in the beaten whites. Bake in well greased pattie pans in hot oven, about ten minutes.

HARVESTERS AT WORK ON LINE SOUTHERN PACIFIC.

PORTO RICAN RICE.

In Porto Rico rice is always served. It is plain boiled rice seasoned with salt, pepper and sometimes with curry. It is always colored a bright yellow. If white rice is desired it has to be ordered.

EAST INDIA RICE.

This receipt was given me by an old English officer. It may not tempt epicures, but he said it formed the staple dish of the East Indies. Have a large kettle of rice cooking, add salt, pepper, cayenne and curry powder, the proportion of these being a matter of taste. Cut up a fowl, rub the pieces with salt and add to the cooking rice, pushing it down with a small bamboo stick or a fork. Then add a fish cut in pieces and rubbed in salt, or any other meat. Let these cook and season the dish. When well cooked turn the rice out on a huge platter and serve.

JAPANESE SHIRUKO.

Cook rice in salt water until thoroughly done. Make it into a cake on a platter, over it put a sauce made of red beans cooked in sugar and water.

JAPANESE SUSHI.

Put to cook a cup of rice; when boiling ten minutes, open the kettle and add any salt fish. Cook until done, turn out on a platter and pour over it a mayonnaise.

RICE AND LENTIL CAKES.

Boil one-half cup of rice until tender and boil the same quantity of lentils, soaking them over night. Chop one small onion very fine, add to the rice and lentils with a little parsley and thyme; season with salt and pepper; mix thoroughly; shape into cakes, dip in beaten eggs and then into bread crumbs. Fry in hot lard until a nice brown.

BEAN CURD AND RICE.

Dry beans one cupful, wash and soak over night. In the morning place in a kettle with three cups of cold water, bring to a boil and boil until the beans are soft, adding water if required. Pour the contents into a colander and rub the beans through to remove the skins. The beans and their water should form a curd as thick as boiled starch. Season with salt and pepper to taste; curry, tobasco or cayenne may also be added and a good teaspoonful of butter if desired. Add to this a teacupful of hot, boiled rice, thoroughly mix and serve hot.

DRIED PEAS AND RICE.

Soak over night and in the morning drain, half a cup of dried peas. Cut into half-inch pieces, enough fat, salt pork to make half a cupful. Put the pork into a dry pot over the fire with one sliced onion and fry brown, stirring constantly. Add a quart of hot water and put in the peas with salt, pepper and a tablespoonful of molasses. Cover and boil gently until the peas are quite soft. then add a half cupful of hot boiled rice, stir all together and it is ready to serve.

FOUR CHAFING DISH RECEIPTS.

RICE CHEESE CAKES.

Into the blazer put eight tablespoonsful of milk and two tablespoonsful of butter. When it begins to boil, add one tablespoonful of flour and three of boiled rice. Stir until milk is taken up, then add gradually four eggs beaten and a cupful of grated cheese. Season highly with salt, pepper, cayenne and remove from the flame. Make into cakes and fry in the other pan in butter and serve.

CHEESE FONDU WITH RICE.

One-half cup of bread crumbs moistened in one cup of fresh milk. One-half cup of rice, one-half pound grated cheese, two eggs and seasoning. Melt the butter and cheese in the pan and when smooth, add gradually rice and moistened bread crumbs. Then add beaten egg and seasoning. Serve on wafers.

CHEESE RICE OMELET.

Make a rice omelet and just before frying, add grated cheese, one tablespoonfuf to three eggs. Heat the butter in the blazer and put in one tablespoonful of omelet, turn over the edges, brown and serve.

RICE WELSH RAREBIT.

One-half pound of grated cheese, two tablespoonsful of butter, one-half cup milk, one-half boiled rice put through a sieve, one egg, saltspoon of mustard, salt, pepper and a dash of cayenne. Melt the cheese and butter, stirring until smooth, add gradually the milk and rice, the egg and seasoning. Serve on buttered squares of toast.

RICCOTTA—RICE PORRIDGE.

(The National Soup of Italy.)

Wash thoroughly a cup of rice, cover it with a pint of stock, simmer gently until the rice is perfectly tender, press through a sieve. Put a quart of milk into a double boiler. Rub together a tablespoonful of butter and two of flour. Add to milk half a pint of finely chopped cheese. Add the butter and flour, stir until soft and creamy, add the rice and press the whole through a sieve. Add a level teaspoonful of salt and it is ready to serve. Serve with hard toasted bread. (Mrs. Rorer.)

INVALID FOODS, RICE PANADA.

Put one cup of cleaned rice into a pot of boiling water, enough to cover it, and add one-half cup of chopped suet, and one-half teaspoonful each of sugar and salt. Cover pot and boil for fifteen minutes. Mix together three-fourths cup of rice flour, one pint of water and one-half pint molasses and stir into the rice. Cook five minutes longer stirring.

RICE INVALID DISH.

Butter a common glass (previously warmed) and line with warm, boiled rice. Into it pour the stiffly beaten white of an egg to which a pinch of salt has been added. On the top lay the unbroken yolk. Set the glass in warm water, let come to a boil and cook just long enough to set the white. Lay a doily on a small plate and set the glass on this and put beside it a piece of dry toast.

RICE JELLY.

Mix a heaping tablespoonful of rice flour with enough cold water to make a smooth paste. Add a small pint of boiling water, sweetened with two tablespoonsful sugar and boil until clear. Flavor with lemon juice and mold.

RICE WATER.

Mix one tablespoonful of rice flour with enough cold water to make a smooth paste, add two pints boiling water. Sweeten and boil till clear. Cool on ice and serve quite cold but not iced.

CHICKEN AND RICE.

Wash well one-half cup of rice, and steam it with a cup and a half of milk. Cook until the milk is all absorbed and the rice soft. Add a pinch of salt and white pepper, a tablespoon of butter, and a beaten egg. Mix well, and spread as lining in small custard cups or muffin pans. Have the chicken chopped fine, well seasoned, and wet with gravy or warm milk. Fill the centers of the pans, cover with rice, and bake in a pan of boiling water in a moderate oven. They must cook about twenty minutes. Turn out on a platter, garnish with chopped parsley and hard boiled eggs, and surround with white sauce.

SALPICON OF CHICKEN IN RICE CROUSTADES.

Let a cup of rice boil in a quart of cold water five minutes, drain on a sieve, and rinse thoroughly with cold water. Return to the sauce pan with a half cup of tomato purée, three cups of chicken broth, half a teaspoonful of salt, and three tablespoonsful of butter. When the mixture reaches the boiling point, set over hot water, cover, and let cook until the rice is tender and the liquid mostly absorbed. Then pack into well-buttered dariole moulds, and set aside to cool. Turn from the moulds, roll in flour and in egg and bread crumbs, then with a knife or small cutter make an incision about a quarter an inch deep in each croustade, leaving a rim about one-fourth an inch wide. Fry to a golden-brown in deep fat, then remove the tops, scoop out the centres, and fill with cooked chicken cut in small cubes and reheated in a sauce made of equal parts of cream and chicken broth thickened with a *roux*. Cover the top of the croustades with the whites of two eggs beaten until stiff, and set into the oven to brown lightly.

Threshing Rice on the Southern Pacific—Sunset Route.

RICE FLOUR ROLLS.

Dissolve a cake of compressed yeast in two tablespoonsful of water; when thoroughly dissolved add a cup of sweet milk and the same amount of warm water—mix before adding—making a pint of wetting, this must be warm but not hot. Also add a teaspoonful of salt. Now add enough rice flour to make it a stiff batter. Upon the moulding board put a bed of wheat flour and on this knead the rice mixture to a firm loaf. Knead it ten or fifteen minutes, adding flour as is required. Then put it into a well greased bowl; brush the top over with butter, cover closely and stand in a warm place, let it rise about three hours. Again place it upon a moulding board; make it into rolls, place in a pan, brush over with butter and let rise until twice their size—about one hour Bake in a quick oven 25 or 30 minutes.

RICE BREAD-STICKS.

Take the dough raised for rolls; cut in pieces the length of your finger and a little smaller, roll them lightly under the hand and lay on buttered tins until light. Bake and serve piled across each other.

RAISED RICED WAFFLES.

One cup of milk, one tablespoonful of butter, one and one-half cups rice flour, a cake of compressed yeast and a teaspoonful of salt. Let rise over night. In the morning beat the mixture well, add to it a teaspoonful of soda and a half cup of wheat flour, three eggs beaten separately, add yolks first—beat—then whites. Bake in waffle irons.

RICE MUFFINS (Raised.)

Raised rice muffins are made the same as waffles only use a little more wheat flour.

RICE FLOUR MUFFINS.

Take a pint of milk and mix, not very stiff, with rice flour; add the yolks of two eggs, a tablespoonful of butter, salt, and a half cup of wheat flour in which a large teaspoonful of baking powder has been sifted. Lastly add whites of eggs, beaten. Bake in muffin rings or gem pans in quick oven.

MCCORMICK HARVESTERS AT WORK ON LINE SOUTHERN PACIFIC.

RICE MUSH.

Put a cup and one-half of water in a kettle and let it come to a boil, add a good teaspoonful of salt, stir in gradually a half cup of rice flour, let it cook ten minutes, stirring constantly to prevent burning. Pour into a mould and let harden. When cold cut in slices, roll in eggs and cracker crumbs, fry in deep lard or fry the slices dripped in eggs in salt pork drippings until a good brown.

RICE FLOATING ISLAND.

One cup sweet milk; one tablespoonful melted butter; one and one-half tablespoonful of sugar, a pinch of salt; the yolk of one egg beaten and a half cup of rice flour cooked together ten minutes. This forms a soft custard. As soon as cooled a little pour into a deep glass dish and set away to cool. Beat the whites of two eggs to a stiff froth, sweeten with two spoonsful of pulverized sugar, adding a little extract, place in spoonsful over the surface of the custard and upon each of the islands put a small piece of currant jelly.

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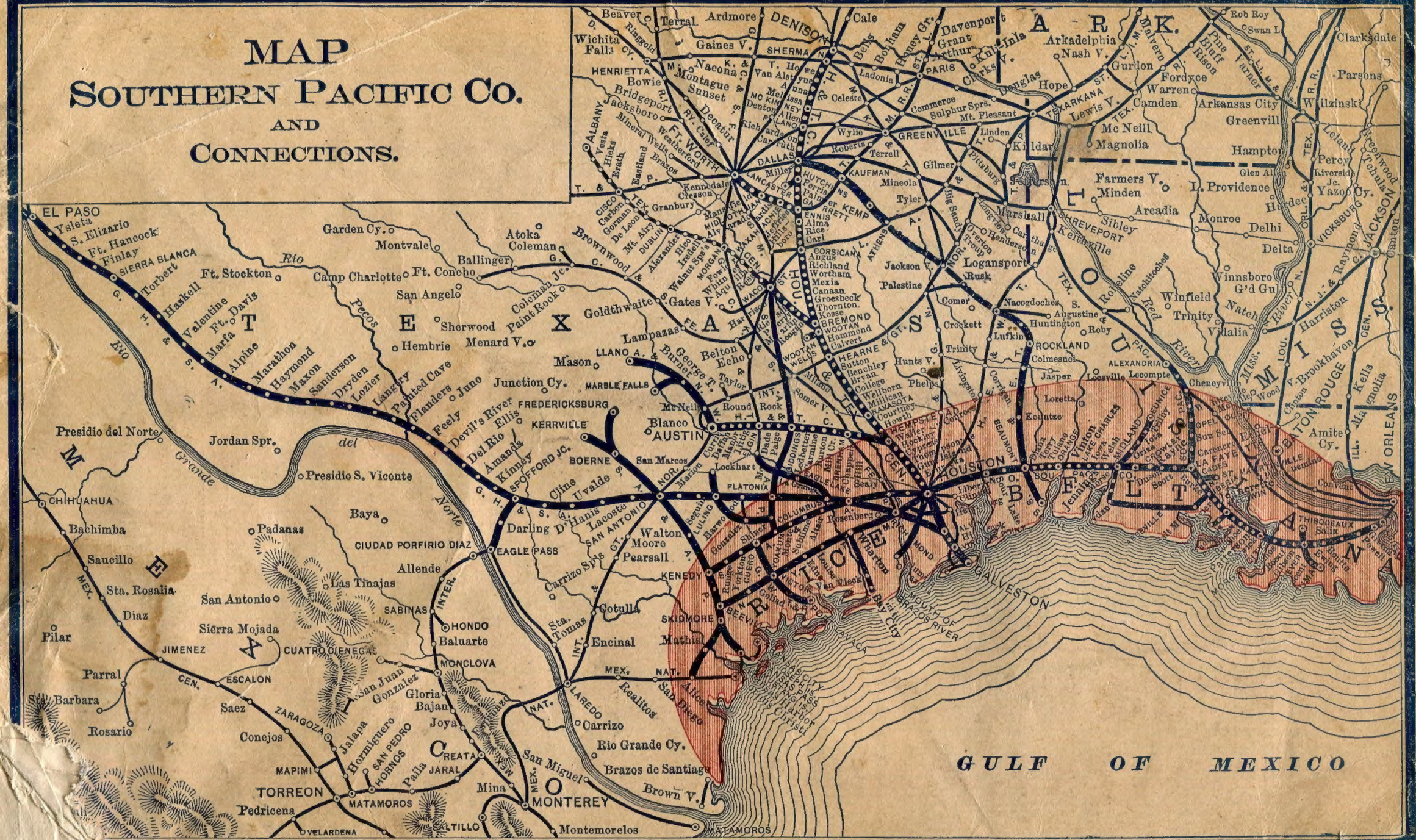
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Parsons
Wilzinski
Leland
Percy
Riverside Jc.
Yazoo Cy.
Hardee
Freewood
Tchula
Vicksburg
Jackson
Raymond
Canton
Brookhaven
Kells
Amite Cy.
Thibodeaux
Salix
Houma
Morgan City
Berwick
Patterson
Franklin
Jeanerette
New Iberia
Avery Island
Jennings
Lake Charles
Orange
Vinton
Iowa
Welsh
Midland
Crowley
Opelousas
Sunset
Carencro
Scott
Lafayette
Broussard
Abbeville
Kaplan
Gueydan
Jennings
Lake Arthur
Welsh
Iowa
Lake Charles
Orange
Vinton
Midland
Crowley
Opelousas
Sunset
Carencro
Scott
Lafayette
Broussard
Abbeville
Kaplan
Gueydan
Houston
Beaumont
Port Arthur
Orange
Galveston
Bay City
Mouth of Brazos River
Velasco
Freeport
Angleton
Alvin
Manvel
Pearland
Dickinson
Texas City
La Marque
Hitchcock
Santa Fe
Alta Loma
Webster
Friendswood
Clear Lake
Seabrook
Pasadena
Deer Park
La Porte
Baytown
Goose Creek
Pelly
Crosby
Channelview
Highlands
Barbers Hill
Mont Belvieu
Cove
Hankamer
Wallisville
Anahuac
Winnie
Stowell
Sabine Pass
Sabine Lake
Port Neches
Nederland
Groves
Port Arthur
Sabine River
Orange
Bridge City
Vidor
Evadale
Silsbee
Lumberton
Kountze
Loretta
Jasper
Buna
Kirbyville
Call
Newton
Deweyville
Burkeville
Toledo Bend Reservoir
Many
Zwolle
Converse
Leesville
Lecompte
Alexandria
Pineville
Cheneyville
Opelousas
Eunice
Crowley
Rayne
Jennings
Lake Arthur
Welsh
Iowa
Lake Charles
Orange
Vinton
Midland